

oily

WINTER EDITION 2021

**Mapping Out The Journey
Of Tea Tree Oil Australian**

**5 Oils Catering For The
Winter Months**

**Inside Byron Bay Essential
Oil Farm**

**How To Make The Ultimate
Winter Moisturising Balm**

abp 

Auroma

THIS ISSUE

winter

WINTER EDITION 2021

Welcome to our Winter OILY of 2021.

As colder weather hovers on the horizon, we dive deep into some of our most trusted oils, Tea Tree and Sandalwood. Sharing their history and the many first aid benefits from these two popular oils

We explore five essential oil recommendations curated to aid health and wellness during the winter months.

We also talk to Byron Bay Essential Oils on this year's harvest expectations within Australia, and the recent weather impacts and on their plantation.

We highlight the natural benefits of Avocado oil and provide a helpful DIY recipe for a moisturising balm using Avocado and Evening Primrose oil – perfect to keep skin moisturised during winter months.

Stay warm and well and don't forget to take advantage of our seasonal discounts.

Editor – Louise Pearce



Auroma



Front Cover
Australian
Melaleuca Tree
in flower (Tea
Tree)

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For further information or to place an
order, please visit
www.auroma.com.au
or contact our Auroma sales team at
info@auroma.com.

HARVEST

Tea Tree Oil Australian

...more than meets the eye



HARVEST

*T*ea Tree (*Melaleuca Alternifolia*) is a Native Australian bush shrub and has adapted to the tumultuous climate of the Southern Hemisphere. It may be small in stature, but this hardy tree is outstandingly resilient also known as Paperbark or Melaleuca. It thrives in swampy environments, with the leaves having direct sunlight upon them whilst being partially immersed in water. Today Tea Tree is a major ingredient in house and commonly found in everyday products such as topical creams, cleaning products and cosmetics.

Historic First Aid Benefits:

Tea Tree oil has been used by Indigenous Australians for over 40,000 years for its anti-inflammatory properties, aiding in mucous congestion*, sinus infection* and more. The Bundjalung people located in Eastern Australia used the leaves in a variety of ways including inhaling the oil from crushed leaves, infusing in tea, using as a poultice on wounds and applying as an antiseptic on skin abrasions*.

Through years of research Tea Tree has been found to be a deterrent for bacteria, fungal and viral organisms and can also aid in acne treatment* when in the correct formulation.

In an effort to corroborate these claims, Melaleuca has undergone intense testing as well as clinical trials.

An in-depth study and review was conducted by the American Society of Microbiology determining the beneficial properties of Tea Tree oil.

Research concluded that the oil's association with being able to protect is due to its '*ability to damage the cell walls of bacteria*', although further research will need to be gathered in order to fully understand to what extent this protective barrier expands to.

Try some in your vaporizer or in a room spray for a refreshed and clean scent.

A close-up photograph of a tea tree branch with thin, needle-like green leaves and reddish-brown stems. The background is a soft-focus green.

HARVEST

‘Tea Tree has many outstanding properties. It is best known for its capability to stimulate the immune system, inhibit the growth of viruses or destroy fungal infections and kill bacteria.’ - The complete aromatherapy and essential oils handbook for everyday wellness (Nerys Purchon and Lora Cantele)

HARVEST

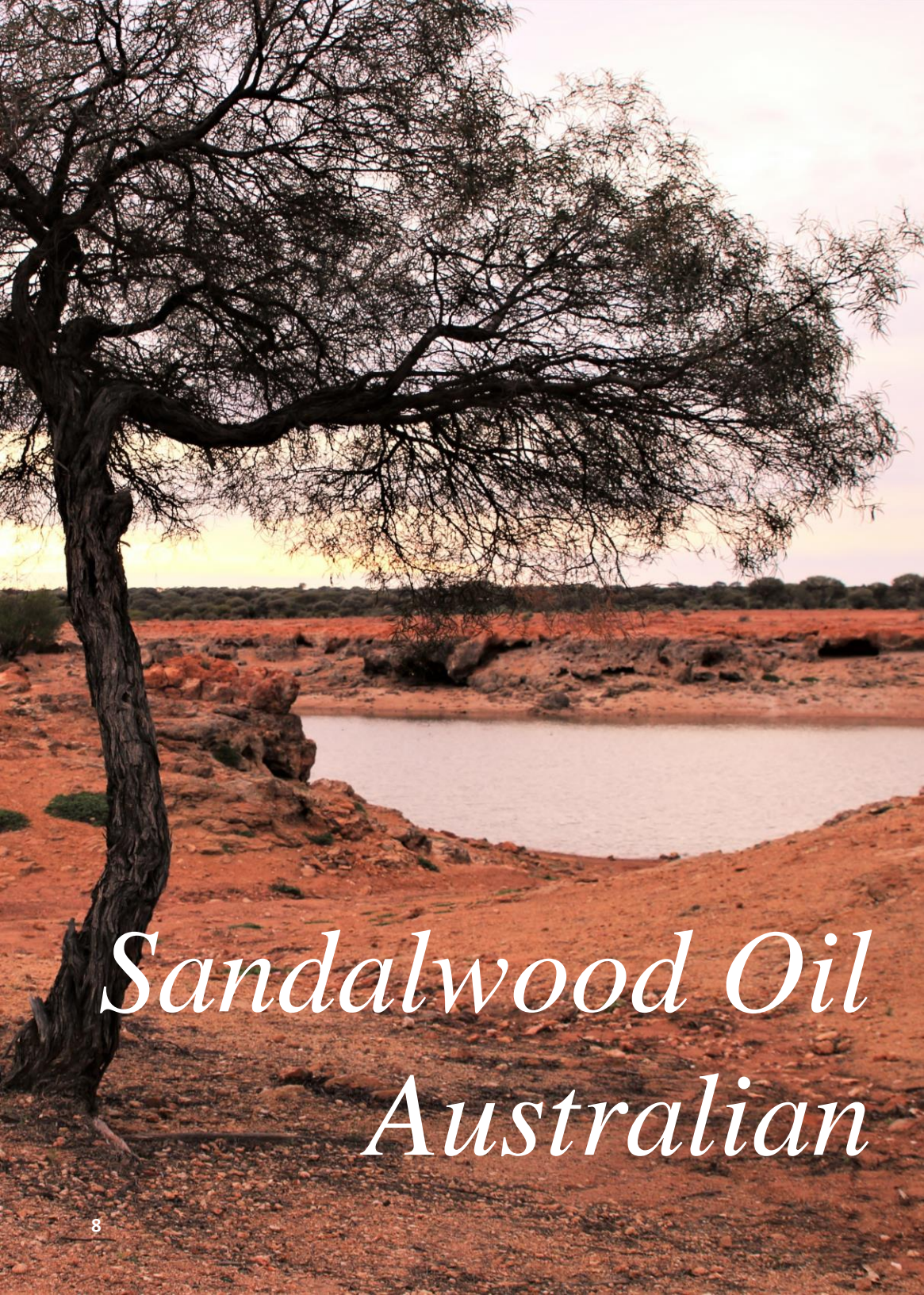
Extraction Process:

Tea Tree oil Australian *melaleuca alternifolia* is extracted from the Melaleuca tree using steam distillation.

Steam distillation occurs by using low pressure steam to vaporize the oil particles. It then travels through airtight food grade piping and the steam is collected. Once the steam has cooled, the water and oil particles gather at the bottom of the barrel. The steam carries the oil to the condenser which cools it back to water and oil. Because the oil is less dense than water it floats to the top in the separator and is collected, thus allowing for the water to be decanted out of the bottom leaving only pure oil. This process is one of the gentlest in the world.



Photo Courtesy of Byron Bay Essential Oils



*Sandalwood Oil
Australian*

HARVEST

Sandalwood oil has a long and complex history. Historically grown in India, mass harvesting and deforestation of wild Sandalwood has led the species of *Santalum album* close to extinction. Sandalwood oil became popular in the 19th century throughout Europe. The aroma is highly sought-after whilst the oil and wood is also used in incense as well as customs and ceremonies within different religions; Buddhism, Hindu and Islamic practices.

In the late 19th century Australia started to harvest their native Sandalwood *Santalum spicatum*.

S. spicatum is a small tree or shrub growing to approximately 4 metres. It is widespread throughout inland Western Australia and southern South Australia. It grows in loam and rocky soil amongst tall shrubland. It is a root parasite and needs host trees to source vital water and nutrients in order to be able to grow and flourish.



Above: Farmers unloading Sandalwood bark

5 *Essential Oils for Winter*

Winter can bring the arrival of stuffy noses, head colds, and sore throats. As our bodies adapt to the colder weather, using essential oils can offer natural relief in improving day to day comfort.

*Eucalyptus Blue Mallee Oil Bush Still Australia
(Eucalyptus fruticetorum)
Non-organic*

Eucalyptus oil is a key component in anyone's Winter essential oil collection. Vital in aiding sinus relief, this can be archived through adding a few drops to your diffuser or adding into a balm base for a DIY vapor chest rub. This hardy oil can help in aiding coughs and congestions whilst boosting your overall immunity. Most effective against airborne viruses and bacteria. For immediate sinus relief fill a bowl of boiling water with 1-2 drops and inhale or add to a diffuser.

Featuring ~ Byron Bay Essential Oils

*I*n this Winter Edition of our Oily magazine we caught up with John Price from one of our favourite farms, Byron Bay Essential Oils. The Company is wildly passionate, not only about the quality of their oils but also about giving back to the land they grow on.

The farm harvests and distills its crop annually and produces Tea Tree, Lemon Myrtle and Aniseed Myrtle oil. Byron Bay Essential Oils is a founding company focused primarily on the commercial Tea Tree industry within Australia, originally part of the plantation at Steve Kings Plains, Whyrallah 1985.

Over the last two years unforeseeable weather conditions have had an undeniable impact on the harvests. In 2019 the drought meant that the yearly yield was reduced by up to 40%. Currently floods are swallowing many farms but thankfully Byron Bay Essential Oils are located where they miss the brunt of it.

The crop was deprived of sun light due to weather conditions and heavy rains have left the ground sodden. This is expected to potentially impact this year's harvest, although we won't know to what extent until later in the year.

Abundantly awaiting harvest time each year as it's their annual report card allowing them to really see if their new techniques are having any impact.

INTERVIEW

Environmentally conscious Byron Bay Essential Oils have been on the road to low intervention farming working to balance the minerals and trace elements in their soil, turning biomass into compost.

This leads to healthier plants which are stronger pest and disease preventatives, reducing the need for protective sprays.

They embody the mindset that naturally healthy plants equal higher quality authentic oils.



During the COVID-19 restrictions, farming was considered an essential service and therefore they could work any time through the last year, although key distillation services weren't considered essential, which led to delays.

There has been a noticeable growth of interest in the source of Tea Tree due to fake and contaminated oil polluting the market. Authenticity and traceability have become key components allowing for a stronger relationship between farmers and consumers to develop, creating transparency and trust with our customer base about the quality of our oils. Due to Tea Tree's antimicrobial properties demand has increased since the start of COVID-19, with orders becoming more prevalent and the environment impacting yields, there is the potential for prices to increase if conditions persist.

Photos Courtesy of Byron Bay Essential Oils

WELLBEING

Avocado Oil

...A natural nourishment



Avocado oil contains high amounts of protein, anti-oxidants and other essential nutrients including vitamins A, B, E, Lecithin and Potassium, which has seen it becoming one of the most popular carrier oils used in natural and organic cosmetic formulations of today.

*T*his powerful rich oil is deeply penetrating and readily absorbed by the skin and when applied topically can be used to cleanse your whole body. Some of the most significant skin benefits Avocado oil provides is its ability to soothe, rehydrate, protect and nourish. Not only is it an effective emollient, but it also assists in regenerating the skin and softening deep tissue - making it nature's complete moisturiser.

It is a valuable ingredient in many commercial cosmetic applications today not only for its extra moisturisation but for its anti-ageing properties. Research has found that Avocado oil can also aid in healing wounds as it is almost a 70% Oleic acid. This Oleic acid accelerates skin regeneration and reduces inflammation which helps fight off infection.

Although Avocado oil can be used in its purest form, it can be mixed with other carrier oils such as Grapeseed oil, Evening Primrose oil and Almond oil for cosmetical use and functions well as carrier oil for other ingredients to be added to it. Alternatively, when added to haircare products, Avocado oil can assist in replenishing colour damaged, dry or frizzy hair and can even help defend against dandruff and hair loss.



Why We Love Avocado Oil

Providing an abundance of natural nourishment to the body, Avocado oil is an ideal carrier oil to nourish the skin during these cold Winter months.



How is Avocado Oil Extracted?

Avocado oil is cold pressed from the fleshy pulp of avocados. The process involves the cleaning of the avocados to ensure the removal of impurities. From there they are transferred to a destoning machine where the seeds and skins are removed. The flesh is dried out to reduce its water content and then crushed into a paste. This paste is slowly stirred in a warm tank (temperature between 45-50°C) for up to an hour thereby allowing the oil droplets to combine into larger drops - this step is called 'Malaxation'. Decanted and polished centrifuges are then used in the final process which ultimately separates the oil from any water content. Crude Avocado oil can then undergo bleaching and deodorising to produce a yellow scentless oil.

Avocado flesh can also be extracted using the solvent extraction method. Avocados are air dried and pressed, however organic solvents are applied to extract the oil which results in a brown-coloured oil. A further refinement process called deacidification is then utilised. This process removes less than 1% of free fatty acids and involves bleaching (which removes chlorophylls, pheophytins, and carotenoids) and deodorisation, removing any aroma.

Uses of Avocado Oil

Avocado carrier oil is used in abundance in cosmetics ranging from oils, creams, masks and gels to hair care, soaps and cleansers. The oil is quick to penetrate and absorb into the skin and has a subtle aroma which can be easily disguised. It also contains excellent preservative qualities, has considerable emulsifying properties and is less greasy which results in finer blends of moisturisers. In addition to cosmetics, it's also perfect for soap manufacturing given its cleansing and lathering abilities.

Avocado carrier oil can also be used for medicinal purposes. Used as massage oil it may relieve muscular discomfort, insomnia, arthritic pain and improve overall circulation. Applied to the skin it can soothe blisters, stings and wounds and even reduce inflammation.

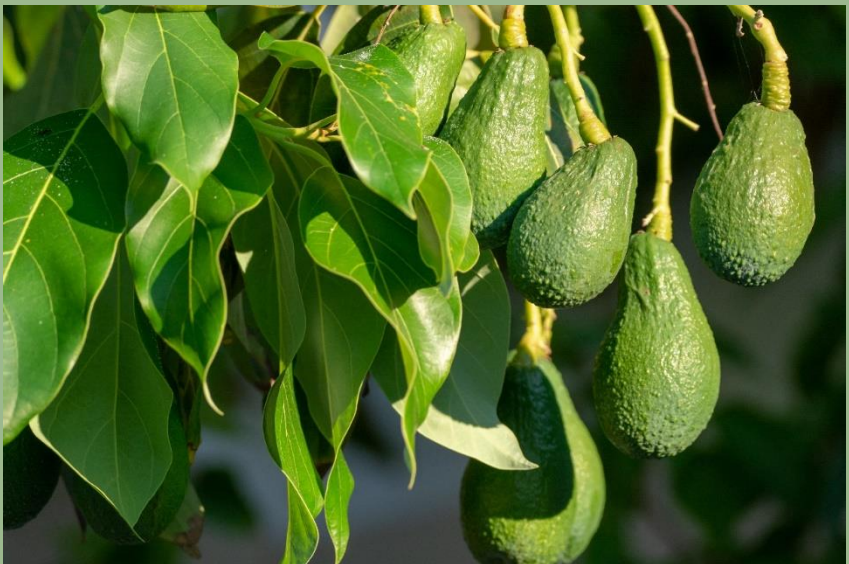
WELLBEING

Certified Organic

ABP & SEOC's Certified Organic Avocado oil is certified through Australian Certified Organic (ACO) and United States Department of Agriculture (USDA) standards. It is sourced sustainably, guaranteed non-GMO, free from pesticide or herbicide exposure and can be included in formulations that are being developed to meet organic certification requirements.

BP and USP Grade

ABP & SEOC's conventional and naturally derived Avocado oil is graded according to the British Pharmacopoeia (BP) and the United States Pharmacopoeia (USP) ensuring that it is of high quality and suitable for use in pharmaceutical processing. These grades ensure that the product adheres to a strictly regulated specification and reflects the high standard of efficacy, purity and consistency of the ingredient.



Disclaimer: Whilst all care has been taken in presenting these products and customising recommendations, Australian Botanical Products and Sydney Essential Oil Co. accepts no responsibility concerning any product that is modified using such dosage suggestions. Essential oils are not a substitute for any medication which has been prescribed by your medical physician.

Avocado Oil Moisturising Balm

Ingredients

- 1/4 Cup of Avocado Oil
- 1/6 Cup of Evening Primrose Oil
- 2 Tablespoons of Emulsifying Wax
- 2 Tablespoons of Coconut Oil
- 3 Drops of Vitamin E Oil

Method

1. Combine Emulsifying Wax with Coconut oil and melt in a double boiler on a low heat
2. In a separate bowl mix the Avocado, Evening Primrose and Vitamin E oil
3. Once step 1 has melted, lower the heat and add the oil mixture from step 2 into the double boiler
4. Turn the heat up and stir as needed until combined and smooth
5. Turn off the heat and let sit for 5 minutes
6. Mix until it starts to solidify
7. Pour into a jar and allow to cool, store in a dry place

Application

Rub over desired area and allow to dry down to a matte non-slip finish.

*All ingredients listed are available through the Auroma website.
www.auroma.com.au

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Workshop Timetable

June – October 2021

Auroma Store, 66 Melverton Drive, Hallam, VIC, 3803

Workshop 2021	Date & Time	What you'll learn	Cost
PERSONAL CARE PRODUCTS Demonstration	FRIDAY 25TH JUNE 10:30am – 12pm	-Hair and Beard Pomade -Deodorant paste -Blending oils into shampoo, conditioner & cleanser bases -Face Oil & Rose & Aloe skin toner spritz -Light Moisturiser -Hair & Body gel	\$59pp or book 2 for \$78 (\$39pp)*
WINTER ESSENTIALS Demonstration	FRIDAY 16TH JULY 10:30am – 12pm	-Peppermint & Eucalyptus Chest Rub -Headache roller blend -Warming Massage Oil -Room Cleansing Spray -Clearing Diffuser Blend -Vitamin Enriched Moisturiser	\$59pp or book 2 for \$78 (\$39pp)*
DIY SPRAYS & SCRUBS	FRIDAY 13TH AUG 10:30am - 11:30am (1hr)	You will make your own: -Room or Body spray & Face or Body scrub	\$59pp or book 2 for \$78 (\$39pp)*
BASIC INTRO TO OILS Demonstration & DIY	FRIDAY 10TH SEPT 10:30am – 12pm	-You will learn about different types of oils & using them safely & effectively. -How to make a blend -How to make a perfume -How to make a face & body oil -You will make your own roll on bottle blend to take home	\$59pp or book 2 for \$78 (\$39pp)*
SHOWER & BATH BLISS Demonstration	FRIDAY 8TH OCT 10:30am-12pm	-Bath Bombs, Soap Balls & Bath Salts -Nourishing body oil -Scented shower gel -Exfoliating body scrub -Using castile soap	\$59pp or book 2 for \$78 (\$39pp)*

PRODUCT SPECIFICATION

Product	Tea Tree Oil Australian
Botanical Name:	Melaleuca Alternifolia Leaf Oil
Appearance:	Clear, mobile liquid
Origin:	Australia
Colour:	Colourless to light yellow
Odour:	Fresh, warm, and spicy
Plant part used:	Leaf
Extraction method:	Steam Distillation
Specific Density @ 20c:	0.8850 to 0.9060
Refractive Index @ 20c:	1.4750 to 1.4820

Product	Sandalwood Oil Australian
Botanical Name:	Santalum Spicatum Oil
Appearance:	Clear, mobile liquid
Origin:	Australia
Colour:	Pale yellow to golden yellow
Odour:	Sweet, rich and woody
Plant part used:	Wood and bark
Extraction method:	Steam Distillation
Specific Density @ 20c:	0.9300 to 0.9800
Refractive Index @ 20c:	1.4980 to 1.5180

Other information

Packaging: As required.

Storage: Store in tightly sealed container in a cool, dry place without direct sunlight or heat.

Handling: Well ventilated area, avoid open flame or other source of ignition.

Shelf Life: Three years from date of manufacture if stored in appropriate conditions.

Auroma: A division of Australian Botanical Products
ABN 45 006 782 529

Address: 39 Melverton Drive, Hallam Victoria 3803
Australia

T: +61 03 9709 4800 E: info@auroma.com.au

Order online: www.auroma.com.au

Office hours: 9am-5pm Monday to Friday

Auroma Retail Store Fitzroy

Address: 5/397 Smith St, Fitzroy, VIC, 3065, Australia

T: +61 03 9417 2002

Trading hours: 10am-5pm Monday to Saturday

Auroma Retail Store Hallam

Address: 66 Melverton Drive, Hallam Victoria 3803 Australia

T: +61 03 9709 4827

Trading hours: 9am-5pm Monday to Friday



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