

Aromatherapy

A GUIDE TO USE, CARE AND SAFETY

Essential Oils

dusk has created an exclusive range of Essential Oils which have been sourced from across the globe using the highest quality ingredients to deliver maximum benefit.

How can Essential Oils be used?

ON THE SKIN

Essential Oils are concentrated and must be diluted in carrier oil or dispersed in bath water prior to use. Never apply undiluted Essential Oils directly onto the skin. Always test on a small area of skin before use. Discontinue use if irritation occurs.

BATH

Add four to six drops of Essential Oils to running water. Make sure that the water is agitated (mixed through) thoroughly to ensure that the oil is fully dispersed. For extra moisturising, add 10 mL of carrier oil in the same way. Essential Oils may mark plastic baths so it's essential to ensure that the oil is properly dispersed and that the bath is wiped down immediately after use.

MASSAGE

Simply add five to six drops of dusk Essential Oil to 10ml of dusk carrier oil and gently massage over the skin. Make sure the Essential Oils are well agitated in the carrier oil to ensure an even blending of the mixture. The oils are absorbed into the body, working from within to improve general wellbeing.

STEAM INHALATIONS

Add 3-4 drops of your favourite Essential Oils into a bowl of hot water. Close your eyes and lean over the bowl (keeping your face 25cm away from the water) and cover your head with a towel. Inhale for a few minutes.

DIFFUSER:

Simply add 6-9 drops of Essential Oils to the water of the dusk MoodMist® diffuser. Ultrasonic vibrations cause the water and Essential Oils molecules to violently vibrate against each other. This creates a cool steam that releases the Essential Oils and water vapour into the air.

OIL BURNER:

Add 3-4 drops to water in your Oil Burner. As the oil heats, the fragrance is gently released into the air. Oil Burners should be kept topped up with water and not allowed to burn dry while the candle is alight. Never leave an Oil Burner unattended and ensure it is kept out of reach from children and pets.

CARRIER OILS

These natural vegetable oils are perfect for combining with Essential Oils for the purpose of dilution, carrying Essential Oils easily over the skin while allowing the Essential Oils to be absorbed. They are also nourishing and moisturising for the skin, can improve skin condition and can be useful in treating irritated and sensitive skins. People with nut allergies should avoid using the sweet almond carrier oil.

Essential Oils Accessories

Make the most of our highly effective Aromatherapy collection with one of our many complementary products. Let our range of classic Oil Burners work its magic or, for the latest technology, try our captivating MoodMist® diffuser for the ultimate experience.

OIL BURNERS

dusk have a range of stylish Oil Burners, both electric and traditional, that are perfect for releasing the fragrance of your Essential Oils & Blends.

TEALIGHTS

dusk Tealights are ideal for use with traditional Oil Burners to release fragrance and are also wonderful for setting the mood for your aromatherapy experience.

MOODMIST® DIFFUSER

dusk MoodMist® diffusers are designed to run on ultra-sonic technology, which works through vibrations of water, rather than heat. The MoodMist® diffuser is designed to be used with dusk MoodMist® fragrance oils or dusk essential oils.





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Pregnancy & Essential Oils

Pregnancy is a special time to care for you and your baby. At dusk we believe in creating a loving and warm atmosphere by using Essential Oils and candles. However you should be aware of the following facts when using products that contain Essential Oils, particularly during pregnancy.

- Consult a qualified medical practitioner before using Essential Oils if you are planning a pregnancy, are pregnant, have allergies, high blood pressure or any other medical conditions.
- Use caution when using Essential Oils when young children or babies are present.
- Use Essential Oils only as directed and never directly on skin or for internal consumption.
- Ensure protection of your Essential Oils by keeping them away from direct sunlight and heat.
- Keep Essential Oils away from eyes at all times.

This diverse range of Essential Oil varieties and applications make it difficult for us to give advice to individuals. Advice should be sought from a qualified medical practitioner. Additionally there are a number of publications and websites that provide information regarding the use of Essential Oils and any risks that may be associated.

WARNING

Read all warnings prior to use.

- Do not use during pregnancy, when taking medication or if you suffer from high or low blood pressure without the advice from a health care practitioner.
- Do not use on children without the advice from a health care professional. Essential Oils should not be applied to skin undiluted.
- People with nut allergies should avoid using the sweet almond carrier oil.
- Always test on a small area of skin before use. Discontinue use if irritation occurs.
- Not for internal use avoid contact with eyes.
- If swallowed seek medical advice or call the Poisons Information Line on **13 11 26**.
- Some Essential Oils are photosensitive and will react with skin in direct sunlight or similar UV lights (tanning beds).
- We recommend using separate droppers for each oil.
- If you begin to feel unwell, seek medical advice and discontinue use.
- Keep out of reach from children and pets.
- All Essential Oils should be kept sealed, in the box and stored out of direct sunlight and away from heat.
- Do not place Essential Oils on fragile or varnished surface. Spills should be cleaned up immediately as staining and or stripping of finishes may apply.
- Essential Oils are highly flammable and must be kept away from naked flames.

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