



dusk.
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 oil to running water. Ensure that the water is agitated (mixed through) thoroughly to ensure that the oil is fully dispersed. For extra moisturising, add 10ml of carrier oil in the same way. Essential oils may mark plastic baths so it is 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 well-being.

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 Ultrasonic Diffuser.

Ultrasonic vibrations cause the water and essential oil 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.

BALMS

Balms are perfect for enhancing well-being on the move. Created from the purest essential oils balms can be used any time of the day to enhance well-being. Simply apply to the body to experience the benefit. Always test on a small area of skin before use. Discontinue use if irritation occurs.

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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 professional.

Do not use on children without the advice from a health care professional.

Essential oils should not be applied to the 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 131 126

Some essential oils are photosensitive and will react with skin in direct sunlight or similar UV lights (tanning beds).

We recommend using a separate dropper for each oil.

If you begin to feel unwell, seek medical advice and discontinue use.

Keep out of reach of 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 oils on a 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.