

SNIFF BOX

Aroma Blends

SLEEP

A calming 'sleep easy' blend to soothe & comfort. Ideal for home or travel.



Neroli	Relaxing - for anxiety, depression & insomnia.
Lavender	Relaxing - for stress, tension & insomnia.
Chamomile	Calming - for insomnia, headaches, nervous tension & stress.

FOCUS

An energizing blend to help restore clarity of thought. Ideal for post travel, work, exams and conferences.



Bergamot	Uplifts, cooling.
Lemon	Lifts the spirits, improves concentration, clears the mind & aids decision making.
Cinnamon	Aids exhaustion & feelings of weakness.

BALANCE

A special blend to balance & calm. Helps restore balance & ease tension. Particularly good for P.M.T.



Bergamot	Uplifting, cooling & refreshing.
Geranium	Balancing, relieves anxiety & lifts spirits.
Ylang Ylang	For nervous depression, severe tension, P.M.T. & mood swings.

AEROBIC

A 'breathe easy' blend to promote energy & well-being. Ideal for the gym or to make breathing easier due to cold, in flight or during physical exercise.



Eucalyptus	Refreshing & stimulating - respiratory antiseptic & decongestant
Cedarwood	For anxiety & nervous tension.
Pine	Exhilarating, promotes energy & wellbeing.
Olibanum	Revitalising, uplifting.

RECOVERY

A special blend to ease sorrow & sadness and comfort the heart. Promotes a warm & comforting effect. For grief, fear, anxiety and disappointment.



Rose	Harmonising, eases sorrow & soothes anger, fear & anxiety.
Marjoram	Warming & comforting
Olibanum	Revitalises, uplifting.
Black Pepper	Strengthens the nervous system, stimulating & energizing.






A P O T H E C A R Y

Apothecary - derives from the original name for a pharmacist or chemist.

This unique range of aromatherapy products are pre-blended ready to go formulations, so no mixing is required.

Specially blended and prepared by a qualified Aromatherapist, who has identified solutions to assist the busy lifestyles of today.

AROMATHERAPY BENEFITS MADE EASY

How are you?					
	SLEEP	AEROBIC	BALANCE	FOCUS	RECOVERY
Stressed	●		●		
Anxious/tense	●		●		●
Depressed	●		●		
Lacking sleep	●				
Suffering from a cold/congested		●			
Lacking energy		●			●
In need of a "lift"		●		●	
Sad/sorrowful					●
Disappointed					●
Grieving					●
Travelling (sleep)	●				
Travelling (awake/jet lag)				●	
Upcoming exam/conference				●	
Suffering from PMT			●		
Suffering from a headache	●				
Lacking concentration/motivation				●	

Amber packaging assists in prolonging the quality of aromatherapy products.