



# Essentielle

L - M P G

{ 100% Pure Essential Oil Blend }

## Treasure of Empires

Aromatic plants and oils have played a vital role throughout the history of mankind. 3,500 years ago, the primeval Egyptians were the first to extract oils from herbs, vegetables, fruits, flowers and other plants for use in religious worship, medicine, cosmetics and embalming mummies.

Absorbing the wisdom of the Egyptians, the ancient Greeks also used essential oils in cosmetics, medical treatment and prevention of infectious diseases. Legend has it that during the Plague of Athens (430 - 427 B.C.), the famous physician Hippocrates contributed to the healing of the Athenians by lighting great fires from aromatics as 'disinfectants'.

Later, the Romans took the use of essential oils to new heights. Besides diffusing them in their temples and political buildings for purification, they loved to indulge in essential oil infused baths and massages. Clearly, essential oils are considered priceless treasures in the ancient times, with some of them valued more than gold.

In 1937, French chemist and perfumer Rene Maurice Gattefosse first coined the term "Aromatherapy" as the therapy which used natural essential oils. In 1910, Gattefosse burnt his hand badly in the laboratory and plunged his hand into the nearest tub of liquid, which happened to be pure lavender essential oil. He was amazed at how the pain immediately vanished and his hand was healed in a short time.

Today, essential oils are widely used in the field of medicine, cosmetics, wellness and others and have become a part of modern lifestyle. The use of essential oils at home (DIY) and visiting spas for aromatherapy treatment or massage have become a trend. All these are due to the miraculous effects of essential oils in relaxing the mind and body, uplifting the spirit, invigorating the senses, disinfecting and reducing inflammation, preventing premature ageing of the skin, and many more. The physical and psychological benefits of essential oils have long been established and recognised all over the world.

## The Essentielle L-MPG Miracle

Essential oils are volatile aromatic substances extracted from flowers, leaves, stems, roots or fruits of plants via steam distillation, cold pressing, solvent extraction and other methods.

Essential oils are divided into several different grades, and the highest grade is called 'pure' essential oils which are usually extracted from organically grown plants using steam distillation. This precious plant essence is highly concentrated and potent; hence it usually cannot be used directly without being diluted beforehand.

As a 100% pure essential oil blend, Essentielle L-MPG is potent, does not cause skin irritation and does not contain any artificial fragrances, artificial colours, preservatives, alcohol or mineral oils. Its exclusive formulation comprises the pure essential oils of lavender, mandarin, patchouli and geranium obtained from their best respective production land. This results in the superior quality and distinctive aroma of Essentielle L-MPG.



## Lavender

Called the "Queen of Herbs", lavender symbolises romantic love, purity, protection, gratitude and peace. It is well-loved by many and has a wide range of therapeutic usage, mainly in reducing stress and anxiety, warding off sadness and relaxing the body and mind. It is antibacterial, anti-inflammatory and effective in purifying the skin and treating various skin problems and blemishes.

## Mandarin

Packed with nutrition, the mandarin fruit is tasty and has a refreshing, sweet and citrusy scent which makes it very popular. Both invigorating and relaxing, the mandarin essential oil brings happiness to the soul, energises the body and relieves anxiety, fatigue and tension. It also increases lymphatic and blood circulation.

## Patchouli

Patchouli, with its deep, musky and spicy aroma, is widely used as a base note and fixative ingredient in modern perfumery. Patchouli essential oil is effective in treating depression, anxiety, stress, bacterial and virus infections, lifting the spirit and relieving tiredness. It is anti-inflammatory and stimulates skin cell regeneration as well as wound healing.

## Geranium

The geranium plant bears small, pink flowers which look like little roses and exudes a sweet fragrance. The geranium essential oil elevates worries and depression, balances the mind and lifts the spirit. It provides deep purification to the skin, balances sebum excretion, enhances skin cell regeneration and lightens scars as well as stretch marks. It is antibacterial, stops bleeding and enhances cellular defense functions.



## Usage

The effects of Essentielle L-MPG are mainly achieved via inhalation and topical application as below:

### Vaporisation / Diffusion



Fill the diffuser with water and add in 3-4 drops of essential oil. Insert a lighted candle into the base of the diffuser and allow the components of Essentielle L-MPG to be gradually released into the air, thus purifying and filling the house with an enchanting fragrance. As you breathe in this wonderful, therapeutic aroma, feel your body and mind gradually relax, ultimately reaching perfect peace and repose.

### Steam Inhalations



Pour hot water into a glass or ceramic container, add in 3-4 drops of essential oil and stir. Then, cover your head with a bath towel and inhale the vapour rising from the water with your mouth and nose alternately for 5-10 minutes. Upon detecting the aroma of Essentielle L-MPG, about 20 million smell receptors in the nasal passageway will send smell signals directly to the brain, thus alleviating stress, tension and fatigue, refreshing the mind and enhancing concentration and energy.

### Skincare – Adding to creams or lotions



Add 1 drop of Essentielle L-MPG to 2.5-5ml of unscented cream base or lotion and apply to the face and other parts of the body to moisturise the skin, activate skin cells and enhance repair and regeneration, resulting in more refined, smooth and supple skin.

### Massage



Add 1 drop of Essentielle L-MPG to 2.5-5ml of unscented carrier oil and apply over the face, neck, shoulders and other parts of the body during massage. Allow your senses to fully immerse in the heavenly aroma and therapeutic effects of Essentielle L-MPG for a total aromatherapy experience.

## Main Benefits of Essentielle L-MPG

- Relieves tension, relaxes the body and mind
- Reduces stress and soothes the soul
- Invigorates the senses and reduces fatigue
- Promotes blood circulation and metabolism
- Promotes cellular regeneration
- Anti-bacterial and anti-inflammatory
- Moisturises the skin and maintains healthy skin
- Revitalises cellular functions and delays skin ageing
- Promotes wound healing
- Repairs scars

## Storage

1. Place in cool, dry place and away from direct sunlight.
2. Keep bottle in an upright position.
3. Keep the lid tightly closed immediately after use to avoid contact with air as much as possible.

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## Precautions

1. Do not consume.
2. Keep out of children's reach.
3. Seek professional advice before using if you are pregnant or have any medical condition.



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