

# Spa Organics Australia

Aromatherapy.Body.Bath.Australian made.

[www.spaorganicsaustralia.com](http://www.spaorganicsaustralia.com)

## The Basics of Pure Essential Oils

### What are Essential Oils?

An essential oil is a concentrated hydrophobic liquid containing volatile aroma compounds from plants (Wikipedia). Put it simply, they are oils extracted from plants.

Essential oils are typically extracted using distillation (steam or water) from plant parts such as leaves, stems, flowers, fruits. Most essential oils are clear in colour but there are some which may be yellowish or amber. Essential oils are different from fragrance oils which are synthetically made fragrances.



At Spa Organics Australia, we ensure we get the best quality originated from the country source. We spent countless hours testing and selecting the best for ourselves and customers.

### Choosing Quality Essential Oils

When choosing an essential oil, it is important to understand the botanical origin and its effect on the quality and properties of the essential oil. For instance, the common Lavender type comes from *Lavandula angustifolia*. There is also a less expensive and inferior type known as Lavandin, which comes from *Lavandula x intermedia*.

Not all companies specify the botanical name of the oils. Poor essential oils can also be distilled from poor quality crops, being kept away for years, poor storage methods or oils accidentally mixed due to inadequate quality control. The factors below will assist in you choosing quality pure essential oils:

- Botanical names must be stated on the bottles.
- Country where the essential oils are made or bottled.
- Pure essential oils should be stored and sold in dark coloured glass bottles.
- Every essential oil comes with certifications which indicate where it is processed, expiry dates and purity.



**Eucalyptus  
Australia**



**Grapefruit  
Australia**



**Lemon Australia**



**Orange Australia**



**Tea Tree Australia**

**Specially selected Australian fruits for Spa Organics Australia Essential Oils.  
Try it to feel the difference!**

### Are there Therapeutic or Aromatherapy Grade Essential Oils?

There is no organization that certifies that essential oils are of therapeutic or aromatherapy grade. If you come across companies that mentioned that their oils are using these terms, ask questions about their oils' quality and purity. Soil conditions, seed quality, climate, altitude, growing conditions, harvesting, extreme care during distillation, bottling and storage - all affect the resulting quality of essential oils.

Another condition for good quality essential oil is the method of extraction. For example, 'Ylang-ylang' means 'Flower of Flowers' and has a really sweet floral aroma. To capture this aroma, it is distilled in four segments. The first segment is called First or Extra, followed by Second, Third, Third respectively. With each successive segment, the oil progresses from the highest, most floral, top notes (in Ylang Ylang 1st or Extra) to the Third where the oil takes on more masculine and less exotic notes.



**Spa Organics Australia Ylang Ylang is of the finest grade. We believe the best grade oils should be distilled from one harvest and extracted at the appropriate time.**

### Essential Oil Safety

Essential oils are highly concentrated liquids and even though it is 100% pure, it can pose potential threats to individuals, particularly those who have allergies, epilepsy or pregnant women.

**A basic guide to the safety use of essential oils:**

- 1. Always ask what oils are suitable for you before you purchase.**

2. The undiluted use of essential oils on the skin can cause sensitization and irritation so carry out a skin patch test. Avoid exposure to the sun if using photosensitizing essential oils such as Bergamot, Grapefruit, Lemon, Orange.
3. If you are using essential oils on your skin or for internal consumption, you need to seek a qualified medical professional's advice to guide you through. Not all essential oils are suitable for aromatherapy and these oils required a medical practitioner to prescribe - Womood, Pennyroyal, Onion, Camphor, Horseradish, Wintergreen, Rue, Bitter almond, Sassafras.
4. Never let children use essential oils without adult supervision.
5. Some essential oils are flammable. Examples are Eucalyptus, Fir, Pine, Orange, Peppermint.
6. Common Oils not suitable for pregnancy are Aniseed, Basil, Cedarwood, Clary Sage, Eucalyptus, Lemongrass, Rose, Sage, Thyme.

### Pricing of Essential Oils

Basically, the more difficult it is to extract the essential oil, the more the oil will cost. Every essential oil comes at a different pricing. Prices do not tell the quality of the essential oils. Running expenses like rent and labour costs add up to the prices of the essential oils. At Spa Organics Australia, we aim to provide the best quality oils minus the running costs.

**We are flying to Singapore again!**

**Mark it on your Calendar!**

**23 to 29 June 2014**

**Venue: Thomson Plaza Ground Level  
Address: 301 Upper Thomson Rd, Singapore  
Operating Hours: 10am to 8pm**

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