

ESSENTIAL OIL INFORMATION

NOURISH THAT NAIL

Lemon is anti-fungal, anti-bacterial and antiseptic. Lemon oil is able to stimulate the action of the white blood corpuscles, the body's own defence mechanism.

Lavender is highly effective in the treatment of fungal nail infection. It is also anti-bactericidal.

DITCH THAT ITCH

Lemongrass has analgesic properties, is antipyretic (stops itching), astringent, anti-fungal, antiseptic, bactericidal, calming and deodorising.

Patchouli is used as a skin regenerator helps to stimulate the re-growth of skin cell. It assists in healing rough cracked skin and fungal infections. It also has diuretic properties which make it useful in cases of fluid retention and has a significant deodorising effect.

Lavender is the most versatile essential oil. It's anti-inflammatory and soothing properties have a balancing effect on the skin.

WARM THAT SOLE

Ginger is analgesic, antiseptic and bactericidal and is very warming and calming.

Marjoram has warming properties as well as being antiseptic and calming.

Lemon oil is Anti-fungal, anti-bacterial, and generally cleansing.

Geranium is anti-inflammatory and used to improve circulation

BANISH THAT BLOTCH

Tea Tree is antiseptic bactericidal, fungicidal. This oil is active against all three categories of infectious organisms, bacteria, viruses and fungi. It is a very effective immuno-stimulant increasing the body's ability to heal.

Peppermint is used for its local anaesthetic properties.

Lemon is anti-fungal, anti-bacterial and generally cleansing.

Marjoram has warming properties as well as being antiseptic and calming