

The image features a decorative border of various green leaves and ferns, including eucalyptus and fern fronds, scattered around the central text on a white background.

human♥nature

# Nature's Solutions

Essential Oil Recipes for Your  
Health and Wellness

# *Tried and True Blends*

Discover nature's potent solutions for well-being with

## **Human Nature's Wellness Oils**

and experience their versatile everyday  
uses in every rich drop.

## *Why We Dilute Our Oils*

We blend our wellness oils with a stable  
base oil to the precise concentration which  
is safe for effective, regular use on your skin.

Small amounts of undiluted, pure essential  
oils may cause mild to severe irritant  
reaction on the skin and may cause  
side effects like redness,  
burning and more.

Sources: [www.healthline.com](http://www.healthline.com)  
[www.tisserandinstitute.org](http://www.tisserandinstitute.org)



# Citronella Oil

## DEODORIZE AND REFRESH

Rich and lemony with subtle wood tones, Citronella Oil is an excellent all-around deodorizer and can be used as a soothing massage oil with a lingering fragrance.



## Refreshing Foot Soak



1. Combine 2-3 drops of **Citronella Oil** and **TeaTree Oil** in a basin of warm water.
2. Soak your feet for 10-15 minutes
3. Relax while listening to your favorite soothing tunes.



### Pro Tip

For a euphoric head-to-toe spa experience, soak your feet while treating your tresses with our Daily Hair Treatment and pamper your face with our Detoxifying Mask + Scrub.

## Natural Air Freshener



1. Add 15 drops of **Citronella Oil** and 1 tablespoon of white distilled vinegar in a small spray bottle, then fill the rest of it with water.
2. Cap the bottle and shake it well to thoroughly combine all the ingredients.
3. Spray the the mixture around to naturally deodorize and freshen the air of an indoor environment.





# Eucalyptus Oil

## TOUCH OF RELIEF

The fresh, bracing scent of Eucalyptus Oil and its cool touch enhances the calming and refreshing effect of a massage for tired muscles and joints.



## Stress-Relieving Bath Blend

1. Pour 1 cup Epsom salt, ½ cup baking soda, 2-3 drops of **Eucalyptus Oil** and Lavender Oil into a sealable bag.
2. Make sure the bag is tightly sealed then lightly knead the contents to mix them.
3. Use 1 tablespoon of your DIY blend per bath and revel in the relaxation.



## Itch Reliever

1. In a bowl, mix 1-2 drops of **Eucalyptus Oil** with clean water.
2. Soak a cotton pad in the mixture and dab it on to soothe the itchy area.





# Tea Tree Oil

## PURIFY AND SOOTHE

A handy and effective natural foil to bacteria, and enjoys widespread use as a safe alternative to harsh cleansing ingredients.

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## Dry Scalp Relief

1. Add 1-2 drops of **Tea Tree Oil** to your Clarifying Shampoo.
2. Mix well.
3. Rinse thoroughly and use as often as needed.



## Body Odor Remedy

1. Combine 2-3 drops of **Tea Tree Oil** with warm water in a spray bottle.
2. Spray on odor-prone areas such as the armpits and feet.
3. Make sure to dry your skin thoroughly afterwards.





# Lavender Oil

## CALMING COMFORTER

Lavender has been prized all over the world since ancient times for its elegant herbal scent. Its soothing fragrance is widely used today to pacify fussy infants, freshen up laundry, and impart a sweet fragrance on skin.



## Sweet Slumber

1. Before bedtime, rub 2-3 drops of **Lavender Oil** over your temples and pulse points.
2. Let its relaxing scent calm your senses before going to sleep.



## Skin Soother

1. Cool the irritated area by running cold water over it for 5 minutes.
2. Gently rub 1-2 drops of **Lavender Oil** on affected area to help soothe the skin.

NOTE: For severe burns, see a doctor immediately.







# Orange Oil

## LIQUID SUNSHINE

Sweet and tangy, warm and comforting, Orange Oil can be applied on the stomach for a soothing massage, its bright, sunny fragrance boosts your mood.



## Relaxing Aid

1. Gently rub 1-2 drops of **Orange Oil** between your fingers to warm the oil.
2. Place your fingertips on your temples and slowly massage, starting from the ends of your eyebrows, circling up towards your hairline and back down again.
3. After massaging, breathe in the uplifting scent on your hands.



## Stomach Comforter

Rub 3-4 drops of **Orange Oil** in a circular motion over your abdomen 2-3 times a day to help comfort and soothe a restless tummy.





# Rosemary Oil

## MANE BOOST

A universal symbol of memory, the invigorating scent of rosemary helps keep one's senses focused and alert. It has also earned a reputation as a traditional tonic to help boost the growth of healthy-looking hair.



## Strengthened Strands



1. Add 1-2 drops of **Rosemary Oil** to your favorite **Strengthening Shampoo**.
2. Gently work it into a rich lather on your hair.
3. Rinse thoroughly.



## Scalp & Tresses Treat

1. In a small bowl, combine Sunflower Beauty Oil with 2-3 drops of **Rosemary Oil** until well-blended.
2. Massage the mixture onto your scalp.
3. Slowly comb through your hair down to the tips with your fingers.
4. Cover your hair with a shower cap and put a soft bath towel over it.
5. Leave it on for half an hour, then rinse well.





# Peppermint Oil

## NATURAL REMEDY

Minty and herby with a distinct crispness, **Peppermint Oil's** refreshing aroma is a natural energizer. Cooling and invigorating, it is commonly used to boost energy as well as improve the appearance of both skin & hair.

### Cool Energizer

1. Mix a few drops of **Peppermint Oil** with Sunflower Beauty Oil.
2. Massage the oil to your skin, concentrating on the back of your neck and shoulders to refresh tired body and boost your energy.



### Scalp Energizer

1. Blend 2-3 drops of **Peppermint Oil** with Virgin Coconut Oil and massage onto scalp.
2. Cover with a towel for 5 minutes, then shampoo and rinse off.





# Jojoba Oil

## POWERFUL SKIN SAVER


Soak in the saving touch of Human Nature's 100% Pure Jojoba Oil. Jojoba is similar to your skin's natural sebum, so each powerful drop works its magic deep into the skin or scalp without leaving any oily residue.



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## Potent Scalp Soother

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1. Massage coin-sized amount onto clean and dry scalp for 2-3 minutes.
  2. Tuck hair into a shower cap and leave on for 10 minutes. You can also wrap your hair with a towel and leave it on overnight.
  3. Wash off with our Clarifying Shampoo to help eliminate build-up and impurities.
  4. Use twice a week for optimal results.



Jojoba Oil relieves scalp itchiness and effectively reduces stubborn flakes. **96%** experienced reduced dandruff in less than **5 weeks** based on a consumer panel test conducted among users.

## Skin Relief

Gently massage the Jojoba Oil onto affected area until it is at least partially absorbed. Apply thrice daily onto dry, itchy skin.



*Jojoba Oil helps soothe skin irritation with its powerhouse of germ-fighting properties.*



# Safety Guidelines

human  nature

Upholds the strictest standards for naturalness, human safety and environmental responsibility in our products. This product guarantees:

- All ingredients proven safe for human use, based on peer-reviewed third party scientific literature
- Biodegradable ingredients from renewable resources
- Microbial safety 100x higher than industry standard

**Avoid using near eye area and use caution when applying on skin. Do not use if pregnant, have epilepsy, or have high blood pressure.**

**Do not swallow. If accidentally swallowed, consult a physician. Keep out of reach of children.**



# Experience Nature's Healing Touch

Let all your worries at work and at home slip away with a relaxing massage. A quick rub-down can help ease stress, calm your senses, perk up a low mood and increase levels of serotonin, popularly known as the happy chemical.\*



## NATURAL CALMING MASSAGE OIL

Unlock the secret of relaxation and indulge yourself with a gentle, restorative massage accompanied by the soothing scent of lavender, orange and lemongrass oils that will surely leave you calmer and ready to face the world.

## NATURAL REJUVENATING MASSAGE OIL

Experience an uplifting massage as you let the fragrance of minty eucalyptus and invigorating rosemary oils energize your body and revive your spirit.



\*Cortisol decreases and serotonin and dopamine increase following massage therapy.

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