

HIGHLAND HOLISTIC THERAPIES

www.highlandholistics.co.uk

RECIPES FOR AROMATHERAPY PRODUCTS

1. Organic better birth blend 100mls

Organic sunflower oil	100mls
Organic lavender oil	17drops
Organic palmarosa	10drops
Organic clary sage	5drops
Organic jasmine	3drops

2. Organic perineal massage oil 50mls/100mls

Organic sunflower oil	40mls	80mls
Organic avocado oil	10mls	20mls

3. Organic stretchmark oil 100mls

Organic sunflower oil	64mls
Organic argan oil	10mls
Organic avocado oil	10mls
Organic thistle oil	10mls
Organic borage oil	5mls
Natural vitamin E oil	1ml
Organic mandarin oil	17drops
Organic neroli	3drops

4. Organic Postnatal recovery oil 100mls

Organic sunflower oil	69mls
Organic borage oil	15mls
Organic thistle oil	15mls
Natural vitamin E oil	1ml
Organic lavender oil	22drops
Organic frankincense oil	15drops
Organic jasmine	3drops

5. Organic Pregnancy balancing blend 100mls

Organic sunflower oil	100mls
Organic grapefruit oil	8drops
Organic mandarin oil	8drops
Organic bergamot oil	4drops

6. Organic nappy rash oil 50mls/100mls

Organic sunflower oil	24mls
Organic Avocado oil	10mls
Organic borage oil	5mls
Organic thistle oil	5mls
Organic shea butter	5gr
Natural vitamin E oil	1ml