

PRODUCT CATALOGUE



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ANTHOPOGON OIL

PRODUCT DETAILS:

- Botanical Name: *Rhododendron anthopogon* D. Don
- Distribution: Distributed throughout Nepal at 3,500-5,100m on open, moist, north facing hillsides
- Part used: Leaf, aerial part
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

Antibacterial, antifungal, antirheumatic, antiseptic, antispasmodic, antitoxic, astringent, carminative, depurative, diuretic, emmenagogue, nervine, parasiticide, rubefacient, sedative, stomachic.

USES & BENEFITS:

- Natural essential oil ingredient for soap, candles, natural perfume
- Releases calm and pleasant aroma
- It is a wonderful calming oil for meditation
- Useful for fever, cough and muscular pain

DIRECTION:

- Use 2/5 drops of essential oil in humidifier for pleasant aroma& meditation
- Dilute 2/3 drops of essential oil with carrier oil to apply on body



ARTEMISIA OIL

PRODUCT DETAILS:

- Botanical Name: *Artemisia vulgaris* L.
- English Name: Mugwort
- Distribution: Distributed throughout Nepal at 1,200- 3,400
- Part used: Leaves, flowering tops
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

- Anthelmintic, antispasmodic, carminative, choleric, diaphoretic, diuretic, emmenagogue, nervine, stimulant, tonic, vermifuge, stomachic

USES & BENEFITS:

- Alleviate eczema, acne and psoriasis for skin related issues
- Helps the immune system in cases of weakness and lingering illness
- Useful for anxiety and moments of hysteria and overwhelm

DIRECTION:

- Dilute with carrier oil and you can apply it
- Aroma can be taken by smelling it or diffusing essential oil by diffuser or humidifier





CITRONELLA OIL

PRODUCT DETAILS:

- Botanical Name: *Cymbopogon winterianus* Jowitt
- Distribution: Exotic variety to Nepal distributed at 5,00-1,600m; cultivated.
- Part used: Leaves
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

Antidepressant, anti-inflammatory, antiseptic, antispasmodic, bactericidal, deodorant, diuretic, febrifuge, fungicidal, stomachic insecticidal, nervine, tonic.,vermifuge.

USES & BENEFITS:

- It contains insect repellent, invigorating, uplifting, clarifying properties.
- Improves skin tone by making it smoother and also tighten up the skin pores.
- Relieves cold, flu, minor infections.
- Helps for fatigue, headache, migraine, neuralgia and stress related conditions.

DIRECTION:

- 3/4 drops of essential oils can be used in humidifier or diffuser for aroma
- 2/3 drops of oil mixed with carrier oil and apply at the places of muscular and joint pain



CHAMOMILE OIL

PRODUCT DETAILS:

- Botanical Name: *Matricaria chamomilla*
- English Name: Chamomile, Blue Chamomile
- Part used: Flowering heads
- Distribution: Exotic variety to Nepal distributed at 500-1,800m; cultivated.
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

Analgesic, anti-allergic, anti-inflammatory, antiphlogistic, antispasmodic, bactericidal, carminative, cicatrizing, cholagogue, digestive, emmenagogue, febrifuge, fungicidal, hepatic, nerve sedative, stimulant of leucocyte production, stomachic, vermifuge, vulnerary

USES & BENEFITS:

- Relieves pain, stress and gastrointestinal problems etc.
- Wound healing including ulcer and sores, anxiety relief
- Helps in skin conditions like eczema or rashes
- Anti- inflammation and pain relief conditions like back pain, neuralgia or arthritis

DIRECTION:

- 2/3 drops of essential oil can be used in humidifier for sleeping aid and aroma
- 1/2 drops of essential oil can be used with carrier oil to calm muscular pain and joint pain
- Add 2/3 drops on your bath top which will have refreshing output



EUCALYPTUS OIL

PRODUCT DETAILS:

- Botanical Name: *Eucalyptus globulus* Labill
- Distribution: Available in lower altitude of Nepal upto 1,800 m
- Part used: Leaves
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

Analgesic, antibacterial, anti-inflammatory, antineuralgic, anti-rheumatic, antispetic, antipasmodic, antiviral, deodorant, carminative, diuretic, expectorant, parasitic, rubefacient, stimulant, vermifuge, vulnery

USES & BENEFITS:

- Immune-boosting oil and relieves cough, asthma
- Surface cleaning agent and a fabric freshener.
- Used as insect repellent
- It is a popular ingredient in balms, inhalers, massage blends, and dental hygiene products for its soothing, stimulating, and anti-bacterial properties

DIRECTION:

- Put 2/3 drops of eucalyptus essential oil in diffuser for aroma
- 1/2 drops of oil with carrier oil like olive, coconut or sesame oil and apply on skin for joint and muscular pain





FRENCH BASIL OIL

PRODUCT DETAILS:

- Botanical Name: *Ocimum basilicum* L.
- English Name: French basil, Common basil
- Distribution: Distributed East and Central Nepal at 300-1,500 m in open sunny places, cultivated
- Part used: Leaves, flowers and buds
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

- Analgesic, antidepressant, antiseptic, antispasmodic, carminative, diaphoretic, digestive, emmenagogue, expectorant, galactagogue, febrifuge, nervine, prophylactic, restorative, stimulant, stomachic, tonic

USES & BENEFITS:

- Useful for the treatment of nervous disorders and stress related headaches, migraines and allergies.
- Used to clear the mind and relieve intellectual fatigue, while giving clarity and mental strength.
- Used for asthma, bronchitis and sinus infections
- Used as insect repellent

DIRECTION:

- Use 2/3 drops of essential oil in humidifier for aroma, calming the nerves
- 2/3 drops of oil can be rubbed with carrier oil for muscular pains





JUNIPER OIL

PRODUCT DETAILS:

- Botanical Name: *Juniperus communis*
- Distribution: Distributed throughout Nepal at 3,000-4,000m in open, rocky places in alpine regions
- Part used: Leaves
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

Antirheumatic, antiseptic, antispasmodic, antitoxic, aphrodisiac, astringent, carminative, depurative, diuretic, emmenagogue, nervine, parasiticide, rubefacient, sedative, stomachic, sudorific, vulnerary, tonic

USES & BENEFITS:

- Natural antiseptic, powerful antioxidant and helps in relaxation.
- Purifies skin and natural skin toner.
- Used as air freshener.
- Used as fragrance component in soaps, detergents, cosmetics and perfumes.

DIRECTION:

- Add 2/3 drops of essential oil in diffuser for aroma therapy
- Blending 2/3 drops of oil with carrier oil can be used directly on skin for relieving pain and cramps



LEMONGRASS OIL

PRODUCT DETAILS:

- Botanical Name: *Cymbopogon flexuosus* (Nees ex Steud.) W. Watson
- Distribution: Distributed in East and Central Nepal at 7,00-1,100m; cultivated.
- Part used: Leaves
- Method of Extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

Analgesic, antidepressant, antimicrobial, anti-oxidant, antipyretic, antiseptic, astringent, bactericidal, carminative, deodorant, diuretic, febrifuge, fungicidal, galactagogue, insecticidal, nervine, sedative, tonic.

USES & BENEFITS:

- Relieves pain, stress, anxiety, fever and it helps to boost energy.
- It can be applied to make deodorant and tonic.
- Cleanses pores and strengthen skin tissues.
- It can be used as air freshener and gives refreshing effect.
- Used as an insect repellent

DIRECTION:

- 1/2 drops of oil with carrier oil can be used directly on skin uses and relieving pain
- Mix with water and alcohol and use as a room freshener
- 2/3 drops add in diffuser for smooth aroma



MENTHA OIL

PRODUCT DETAILS:

- Botanical Name: *Mentha arvensis*
- English Name: Mint, Japanese mint
- Distribution: Distributed East to West Nepal at 1,200-12,000m in moist, open places, cultivated.
- Part used : Leaves
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

Antidepressant, digestive, diuretic, antispasmodic, carminative, stomachic, refrigerant, stimulant, emmenagogue.

USES & BENEFITS:

- Useful for respiratory problems
- Improves nervous system.
- Help to relief from headache, stress, relief, nausea
- Used for room scent or room deodorizer.

DIRECTION:

- 2/3 drops of oil can be used in humidifier for aroma
- 2/3 drops of essential oil with carrier oil can be used to relief muscular cramps, hair and skin care



PALMAROSA OIL

PRODUCT DETAILS:

- Botanical Name: *Cymbopogon martini* W. Watson
- Distribution: Exotic variety distributed in Central and Western Nepal at 300 – 1,500 m; cultivated
- Part used: Whole plant, grass
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

- Antiseptic, Antiviral, Bactericidal, Cytophylactic, Digestive, Stimulant, Febrifuge, Tonic.

USES & BENEFITS:

- Smells sweet rose oil like scents.
- Used to make perfume, soap, lotions, facial steam and hair treatment.
- Relieves stress, anxiety and nervous exhaustion and alleviate arthritis and rheumatics

DIRECTION:

- For aromatherapy 2/3 drops of oil in humidifier
- Dilute few drops of essential oil with carrier oil





ROSEMARY OIL

PRODUCT DETAILS:

- Botanical Name: *Rosmarinus officinalis* L.
- Distribution: Distribution in Mediterranean type of climate with low humidity at 700- 1,500m
- Part used: Flowering tops or whole aerial parts
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

- Analgesic, antidepressant, antimicrobial, antioxidant, antiseptic, antispasmodic, aphrodisiac, astringent, carminative, diaphoretic, digestive, diuretic, emmenagogue, fungicidal, hepatic, hypertensive, nervine, parasiticide, restorative, rubefacient, stimulant, stomachic, tonic, vulnerary

USES & BENEFITS:

- Promotes hair growth, stimulates scalp
- Useful for treatment of acne, dandruff, dermatitis
- Used for insect repellent
- Helpful for asthma, bronchitis, sinus and whooping cough
- Useful for nervous exhaustion and stress related disorders, headaches, mental fatigue, hypotension

DIRECTION:

- Dilute with carrier oil to apply on your body
- Few drops of oil in diffuser for aromatherapy





SPIKENARD OIL

PRODUCT DETAILS:

- Botanical Name: *Nardostachys grandiflora* DC.
- Distribution: Distributed throughout Nepal at 3,500-5,000m on rocky hillsides.
- Part used: Rootstock
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

Anti-inflammatory, antipyretic, antiseptic, astringent, bactericidal, carminative, deodorant, fungicidal, laxative, sedative, tonic.

USES & BENEFITS:

- Helps in relaxation, calmness, insomnia, migraine.
- Uses for skin due to cleansing and purifying properties.
- Useful for hair care treatment
- Natural deodorant and reduces stress and has an anti-ageing properties.

DIRECTION:

- 1/2 drops of with carrier oil can be used directly on skin for rejuvenating skin, ease on inflammation and rashes
- Dilute with vegetable oil like sesame and coconut and apply it on the root of hair for hair care such as hair fall, thickening and smoothness





SUGANDHAKOKILA OIL

PRODUCT DETAILS:

- Botanical Name: *Cinnamomum glaucaescens* Hand Mazz
- Distribution: Distributed in Central and Western Nepal at 1,000 – 2,500 m in schima forest
- Part used: Dried berries
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

- Analgesic, antiseptic, astringent, carminative, digestive, emmenagogue, relaxant, stomachic.

USES & BENEFITS:

- Natural tonic for digestive system
- Treats stress and depression
- Helpful for respiratory infections, sinus conditions, and headaches.

DIRECTION:

- Use 2/3 drops of oil in humidifier for aroma therapy
- Use 2/3 drops in washing machine for smooth and sweet aroma of the cloths
- Dilute 2/3 drops with vegetable oil to use in perfume



A close-up photograph of a tea tree (Melaleuca alternifolia) branch with its characteristic needle-like leaves. The leaves are green with some reddish-brown tints on the stems.

TEA TREE OIL

PRODUCT DETAILS:

- Botanical Name: *Melaluca alernifolia*
- Distribution: Lower part of Nepal which comes under sub-tropical reason
- Part used: Leaves
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

- Antimicrobial, fungicidal, anti-inflammatory, antiseptic, disinfectant, antiviral

USES & BENEFITS:

- Heals wounds, cuts, burns and insect bites and helps reduce acne, scars and marks
- It act as a shield against all kinds of bacterial, viral, fungal and microbial infections
- Fight against viral infections like cold, cough, congestion
- Uplifts your mood, relax the muscles, strengthen emotions and alleviates stress and depression

DIRECTION:

- Dilute with carrier oil to apply on your body
- Few drops of oil in diffuser for aromatherapy
- Use the proportion of one drop of tea tree oil in every 30 ml of shampoo for dandruff treatment





WINTERGREEN OIL

PRODUCT DETAILS:

- Botanical Name: *Gaultheria fragratissima* Wall
- Distribution: Distributed throughout Nepal at 1,200- 2,600 m on rocky hillsides of forested area
- Part used: Leaves, aerial part
- Method of extraction: Steam Distillation

THERAPEUTIC PROPERTIES:

Analgesic, anti-inflammatory, antirheumatic, antitussive, astringent, carminative, diuretic, emmenagogue, galactagogue, stimulant.

USES & BENEFITS:

- Revitalizes exhausted and tender muscles, helps in decreasing spasms.
- Promotes easier breathing, and soothes headaches as well as pain and discomfort experienced in the lower back, nerves, joints, and ovaries.

DIRECTION:

- Dilute 2/3 drops of oil with vegetable oil
- Gentle rub of 2/3 drops of oil on the place of pain or swelling and cover with warm cloth for some time

