



nayara

HERBAL  
ESSENTIAL  
OILS

PRODUCT CATALOG



# Lemongrass Essential Oil



**Smells Like:** Fresh, Citrusy, Herbaceous

## About the Oil

Lemongrass, scientifically known as *Cymbopogon*, is a tall, stalky plant. It has a fresh, lemony aroma and a citrus flavor. The oil is extracted through steam distillation of the leaves, known for its bright and energizing scent.

## Benefits of the Oil

Lemongrass oil is popular for its ability to relieve stress, anxiety, and depression. It has potent antifungal and antibacterial properties, making it effective in skin care and as a natural insect repellent. It also aids in digestion and muscle relaxation.

## Applications of the Oil

Widely used in aromatherapy to boost energy and mood, lemongrass oil is also a common ingredient in skincare products, detergents, and candles. It's used in the culinary industry for its flavor and in natural health products for its digestive benefits.





# Citronella Essential Oil

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**Smells Like:** Citrusy, Sweet, Herbaceous

## About the Oil

Citronella oil is derived from the leaves and stems of different species of *Cymbopogon* (lemongrass). The oil is known for its distinct, rich citrus or lemon-like scent, primarily obtained through steam distillation.

## Benefits of the Oil

Best known for its efficacy as a mosquito repellent, citronella also has properties that reduce pain, fight free radical damage, and lift mood. It's used in treating and preventing colds, fevers, and headaches.

## Applications of the Oil

Citronella oil is a staple in insect repellent sprays, candles, and wristbands. It's also found in personal care products like soaps, body lotions, and hair care products. In aromatherapy, it's used for its soothing effects and ability to clear the mind.





A stack of several pieces of sandalwood bark, showing the characteristic orange-brown color and fibrous texture. The pieces are of varying lengths and thicknesses, some with the outer bark still attached.

# Sandalwood Essential Oil

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A few small pieces of sandalwood bark, similar to the ones in the top left, resting on a light-colored surface.

Smells Like: Smooth, Woody, Rich

## About the Oil

Sandalwood, from the *Santalum* tree, is prized for its fine-grained aromatic wood. The oil, often obtained from trees aged between 40 and 80 years, has a rich, woody, earthy fragrance that persists.

## Benefits of the Oil

This luxurious oil is celebrated for its soothing effect on mental health, promoting deep relaxation and easing anxiety. It's beneficial for skin health, helping to clear acne, soothe sunburn, and rejuvenate aging skin.

## Applications of the Oil

Sandalwood oil is extensively used in perfumery, cosmetics, and fine fragrances. It's also a key component in meditation and spiritual practices across various cultures due to its grounding effects. In industrial uses, it's added to soaps and incense.







**Smells Like:** Sweet Warm Herbaceous

# Chamomile Essential Oil

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## About the Oil

Chamomile, known scientifically as *Matricaria chamomilla*, is a flowering plant in the daisy family. It's renowned for its pleasant aroma and small white flowers. The oil is extracted mainly through steam distillation of the flowers, offering a sweet, apple-like fragrance.

## Benefits of the Oil

Chamomile essential oil is highly valued for its soothing and calming properties. It's used to enhance mood, relieve stress, and promote sleep. Additionally, it has anti-inflammatory and antibacterial benefits, making it a favorite in skincare and therapeutic practices.

## Applications of the Oil

In aromatherapy, chamomile oil is a staple for creating a relaxing environment. It's also incorporated in cosmetics for sensitive skin. Beyond personal care, it's used in flavorings and in the pharmaceutical industry to formulate calming medications and topical ointments.







# Mentha Essential Oil

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**Smells Like: Refreshing, Sweet, Minty**

## About the Oil

Extracted from the leaves of the Mentha plant, this oil is characterized by its sharp, refreshing scent. Commonly referred to as peppermint, it is harvested before the plant flowers to ensure the highest quality of oil through steam distillation.

## Benefits of the Oil

Mentha oil is acclaimed for its cooling sensation and soothing effect on the digestive system. It relieves headaches, muscle pain, and sinus congestion. Its antimicrobial properties make it beneficial for oral and respiratory health.

## Applications of the Oil

This versatile oil is widely used in oral care products, pharmaceuticals, and cosmetics. It's also popular in aromatherapy for enhancing mental clarity and energy. In food products, it's used for its flavor and as a natural preservative.







# Wintergreen Essential Oil

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**Smells Like: Sharp, Minty, Medicinal**

## About the Oil

Wintergreen oil is derived from the leaves of the *Gaultheria procumbens* plant, known for its minty, refreshing scent. The leaves are macerated and steam distilled, producing an oil rich in methyl salicylate.

## Benefits of the Oil

Known for its analgesic properties, wintergreen oil is commonly used to relieve muscle and joint pain. It also aids in reducing inflammation and is beneficial in treating respiratory conditions.

## Applications of the Oil

Primarily found in pain relief balms and creams, wintergreen oil is also used in oral hygiene products and as a flavoring agent in food and beverages. Its strong scent makes it a favorite in aromatherapy blends for soothing aches.







# Sugandh Kokila Essential Oil

**Smells Like:** Rich, Spicy, Woody

## About the Oil

Derived from the berries of the *Cinnamomum glaucescens* tree found in Nepal, Sugandh Kokila oil is less known but highly aromatic. It has a spicy, slightly woody fragrance.

## Benefits of the Oil

The oil is appreciated for its analgesic and antiseptic properties. It's also used for its relaxing effects on the body and mind, helping to alleviate stress and pain.

## Applications of the Oil

Sugandh Kokila is used in traditional medicine for treating muscular pain and respiratory problems. It's also incorporated into perfumes and aromatic products for its unique scent and therapeutic properties.





A close-up photograph of eucalyptus leaves, showing their characteristic silvery-green color and elongated shape. The leaves are arranged in clusters along thin, brownish stems. The background is a soft, out-of-focus grey.

# Eucalyptus Essential Oil

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**Smells Like:** Fresh, Menthol, Crisp

## About the Oil

Eucalyptus oil is extracted from the leaves of the Eucalyptus tree, widely known for its powerful, camphoraceous odor. The oil is a staple in herbal medicine and is harvested using steam distillation.

## Benefits of the Oil

It's effective in treating respiratory issues like bronchitis, sinusitis, and allergies. Eucalyptus oil also possesses antiseptic qualities, making it ideal for skin care and wound treatment.

## Applications of the Oil

Apart from medicinal uses, eucalyptus oil is a popular choice in household cleaners, decongestants, and insect repellents. It's also used in industrial applications to produce biofuel and in mining to separate minerals.







**Smells Like: Heavy, Sweet, Woody**

# Jatamansi Essential Oil

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## About the Oil

Jatamansi oil, from the rhizomes of the *Nardostachys jatamansi* plant, is revered in Ayurvedic medicine. This rare, valuable oil has a deep, penetrating earthy aroma.

## Benefits of the Oil

This oil is primarily used for its sedative properties and its ability to promote hair growth. It's also known to improve cognitive function and alleviate insomnia.

## Applications of the Oil

Commonly used in skin care and hair care formulations, Jatamansi oil is also found in herbal health supplements for its therapeutic benefits. Its calming properties make it suitable for spa and relaxation products.







# Cinnamon Leaf Essential Oil

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**Smells Like: Spicy, Musky, Warm**

## About the Oil

Extracted from the leaves of the *Cinnamomum verum* tree through steam distillation, this oil boasts a spicy, musky, and slightly sweet aroma distinct from cinnamon bark oil.

## Benefits of the Oil

Cinnamon leaf oil is noted for its antimicrobial properties and its ability to boost circulation. It also helps in reducing stress and fighting off infections.

## Applications of the Oil

Used in flavorings, perfumes, and room fresheners, cinnamon leaf oil is also popular in the manufacture of toothpaste and mouthwashes due to its cleansing properties. In aromatherapy, it uplifts mood and warms the senses.





# Wormwood Essential oil

**Smells Like: Earthy, Bitter, Herbal**

## **About the Oil**

Wormwood oil is extracted primarily from the leaves and flowering tops of the *Artemisia absinthium* plant through steam distillation. The oil has a potent, bitter, and earthy aroma with a complex herbal and medicinal quality. It comes from its high thujone content.

## **Benefits of the Oil**

Wormwood oil is traditionally recognized for its ability to stimulate digestion and support the gastrointestinal system. It has also been used for its antiseptic properties and to help relieve pain. Moreover, it is often used in preparations aimed at improving liver and gallbladder function.

## **Applications of the Oil**

Due to its strong and somewhat harsh aroma, wormwood oil is typically used in small quantities. It finds application in some alcoholic beverages, like absinthe, for its flavor and reputed effects. In aromatherapy, it is used to help reduce fatigue and invigorate the senses.







**Smells Like:** Fresh, Fruity, Woody

# Juniper Berry Essential Oil

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## About the Oil

Juniper berry oil is extracted through steam distillation from the berries of the *Juniperus communis* tree. This essential oil has a fresh, clear, and woody scent, with a hint of fruitiness. It is light in color and has a watery viscosity, making it easily blendable with other essential oils.

## Benefits of the Oil

Juniper berry oil is highly valued for its detoxifying and purifying properties. It supports urinary tract, kidney, and digestive function and helps to alleviate water retention. Its calming effects also help reduce stress and anxiety, while its antiseptic properties make it beneficial in treating skin irritations and infections.

## Applications of the Oil

Juniper berry oil is widely used in the fragrance industry, lending a crisp, outdoor freshness to colognes and aftershaves. It's also found in skin care products, particularly those formulated for oily or congested skin. In aromatherapy, it's used to cleanse and purify the air, and to support meditation and stress relief practices.

