



**Complement Your Health
supplies only
Absolute Aromas Essential Oils**

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Visitors are advised to make an appointment

Essential Oils & Absolutes	Botanical Name	Country	Code	Vol ml.	RRP inc. vat
Angelica Root	<i>angelica archangelica</i>	Belgium	T190	2	£9.99
Basil, Linalol type	<i>ocimum basilicum</i>	Egypt	T139	10	£6.25
Bay	<i>pimenta racemosa</i>	West Indies	T191	10	£5.99
Benzoin 40%	<i>styrax tonkinensis</i>	Siam	T101	10	£3.85
Bergamot	<i>citrus bergamis</i>	Sicily	T102	10	£5.50
Bergamot FCF (bergaptene free)	<i>citrus bergamia</i>	Sicily	T103	10	£6.25
Cajeput	<i>melaleuca cajeputi</i>	Indonesia	T163	10	£3.85
Camphor, White	<i>cinnamomum camphora</i>	China	T179	10	£3.40
Caraway	<i>carum carvi</i>	Netherlands	T192	10	£5.25
Cardomom	<i>elettaria cardomomum</i>	Guatemala	T193	10	£11.75
Carrot Seed	<i>daucus carota</i>	Belgium	T194	10	£9.75
Cedarwood, Atlas	<i>cedrus atlantica</i>	Morocco	T127	10	£3.85
Cedarwood, Virginian	<i>juniperus virginiana</i>	USA	T104	10	£3.65
Celery Seed	<i>apium graveolens</i>	France	T195	10	£9.50
Chamomile, German	<i>matricaria chamomilla</i>	Egypt	T140	2	£8.50
Chamomile, Maroc	<i>ormensis multicaulis</i>	Morocco	T164	5	£9.50
Chamomile, Roman	<i>anthemis noblis</i>	England	T105	5	£9.50
Chamomile, Roman	<i>anthemis noblis</i>	England	T105	10	£16.80
Cinnamon Leaf	<i>cinnamomum zeylancium</i>	Sri Lanka	T141	10	£3.99
Citronella	<i>cymbopogon nardus</i>	Sri Lanka	T106	10	£3.50
Clary Sage	<i>salvia sclarea</i>	Russia	T107	10	£6.75
Clove Bud	<i>eugenia caryophyllata</i>	Madagascar	T142	10	£3.99
Coriander	<i>coriandrum sativum</i>	Russia	T128	10	£4.75
Cubeb Seed	<i>piper cubeba</i>	Indonesia	T196	10	£7.99
Cypress	<i>cypressus sempervirens</i>	Spain	T108	10	£5.50
Dill Seed	<i>anethum graveolens</i>	Hungary	T199	10	£5.25
Elemi	<i>canarium commune</i>	Phillipines	T185	10	£5.25
Eucalyptus Globulus	<i>eucalyptus globulus</i>	China	T109	10	£3.30
Eucalyptus Citriodora	<i>eucalyptus citriodora</i>	China	T165	10	£3.75
Eucalyptus Radiata	<i>eucalyptus radiata</i>	Australia	T200	10	£4.70
Fennel, Sweet	<i>foeniculum vulgare var dulce</i>	E Europe	T110	10	£3.99
Fir Balsam	<i>abies balsamea</i>	Canada	T223	10	£3.99
Fir, Siberian	<i>abies sibirica</i>	Siberia	T224	10	£3.99
Frankincense	<i>boswellia carteri</i>	Somalia	T111	5	£5.99
Frankincense	<i>boswellia carteri</i>	Somalia	T111	10	£9.99
Galbanum	<i>ferula galbaniflua</i>	Iran	T201	2	£6.30
Geranium, Bourbon	<i>pelargonium graveolens</i>	Reunion	T112	10	£6.60
Geranium, Egyptian	<i>pelargonium graveolens</i>	Egypt	T176	10	£5.75
Ginger	<i>zingiber officinale</i>	Nigeria	T113	10	£6.20
Grapefruit	<i>citrus paradisi</i>	Israel	T114	10	£3.99
Helichrysum	<i>helichrysum angustifolia</i>	France	T221	2	£10.50
Ho Wood	<i>cinnamomum camphora</i>	China	T202	10	£3.75
Jasmine Absolute	<i>jasminum grandiflorum</i>	Egypt	T129	2	£15.50
Jasmine, 5% in light coconut	<i>jasminum grandiflorum</i>	Egypt	T168	10	£6.15
Juniperberry	<i>juniperus communis</i>	Croatia	T115	10	£7.25
Lavender (High Altitude)	<i>lavandula officinalis</i>	France	T116	10	£4.25
Lemon	<i>citrus limonum</i>	Sicily	T117	10	£3.80
Lemongrass	<i>cymbopogon citratus</i>	Guatemala	T130	10	£4.20
Lime (Distilled)	<i>citrus aurantifolia</i>	Mexico	T131	10	£3.75
Mandarin	<i>citrus reticulata</i>	Sicily	T118	10	£4.75

Essential Oils & Absolutes	Botanical Name	Country	Code	Vol ml.	RRP inc. vat
Manuka	<i>leptospermum scoparium</i>	New Zealand	T208	10	£9.99
Marjoram, Spanish	<i>thymus masticina</i>	Spain	T225	10	£4.99
Marjoram, Sweet	<i>origanum marjorana</i>	Egypt	T144	10	£5.99
May Chang	<i>litsea cubeba</i>	China	T174	10	£3.75
Melissa True	<i>melissa officinalis</i>	Ireland	T209	2	£33.45
Melissa Type	<i>A blend of pure essential oils</i>	Various	T210	10	£3.99
Myrrh	<i>commiphora myrrha</i>	Somalia	T119	5	£5.99
Myrrh	<i>commiphora myrrha</i>	Somalia	T119	10	£9.99
Myrtle	<i>myrtus communis</i>	Morocco	T211	10	£4.99
Neroli	<i>citrus aurantium var amara</i>	Tunisia	T134	2	£16.75
Neroli, 5% in light coconut oil	<i>citrus aurantium var amara</i>	Tunisia	T169	10	£6.25
Niaouli	<i>melaleuca viridiflora</i>	New Caledonia	T145	10	£4.20
Nutmeg	<i>myristica fragrens</i>	Indonesia	T132	10	£5.50
Orange (Sweet)	<i>citrus aurantium</i>	Spain	T133	10	£3.50
Palmarosa	<i>cymbopogon martini</i>	Madagascar	T166	10	£4.70
Parsleyseed	<i>petroselinum sativum</i>	France	T212	10	£9.50
Patchouli	<i>pogostemon patchouli</i>	Indonesia	T120	10	£3.99
Pepper, Black	<i>piper nigrum</i>	India	T135	10	£6.95
Peppermint, English	<i>mentha piperita</i>	UK	T121	10	£4.25
Peppermint, (US)	<i>mentha piperita</i>	USA	T188	10	£3.99
Petitgrain	<i>citrus aurantium var amara</i>	Paraguay	T146	10	£3.75
Pine, Scotch	<i>pinus sylvestris</i>	Siberia	T122	10	£4.20
Ravensara	<i>ravensara aromatica</i>	Madagascar	T183	10	£6.99
Rose Absolute	<i>rosa centifolia</i>	Morocco	T136	2	£11.99
Rose Absolute, 5% in coconut	<i>rosa centifolia</i>	Morocco	T170	10	£4.99
Rose Otto	<i>rosa damascena</i>	Bulgaria	T137	2	£25.00
Rose Otto, 5% in light coconut	<i>rosa damascena</i>	Bulgaria	T171	10	£8.50
Rosemary	<i>rosmarinus officinalis</i>	Tunisia	T123	10	£3.99
Sandalwood	<i>santalum album</i>	India	T124	5	£8.99
Sandalwood	<i>santalum album</i>	India	T124	10	£16.00
Spearmint	<i>mentha spicata</i>	USA	T214	10	£3.99
Spikenard	<i>nardostachys jatamansi</i>	Nepal	T215	5	£6.99
Spruce, Black	<i>picea mariana</i>	Canada	T226	10	£5.99
Tea Tree	<i>melaleuca alternifolia</i>	Australia	T125	10	£3.99
Thyme, Sweet (Linalol)	<i>thymus vulgaris</i>	Spain	T148	5	£5.50
Valerian	<i>valeriana officinalis</i>	China	T219	5	£9.99
Vetiver	<i>vetiveria zizanioides</i>	Haiti	T138	10	£5.99
Yarrow	<i>achillea millefolium</i>	Hungary	T172	5	£8.99
Ylang Ylang I	<i>cananga odorata</i>	Comores	T126	10	£5.50
Ylang Ylang Extra	<i>cananga odorata</i>	Comores	T177	10	£5.99

Aromatherapy Starter Kit	RRP inc. vat
Bergamot FCF, Clary Sage, Eucalyptus Globulus, Egyptian Geranium, Grapefruit, Lavender (High Altitude), Roman Chamomile (5mls)	
Rosemary, Tea Tree, Ylang Ylang I, Sweet Almond Oil (50mls), 25ml measuring beaker and 32 hole therapist case.	£50

Carrier Oils	Code	Vol ml	RRP inc. vat
Almond, Sweet	T500	50	£1.80
Apricot Kernel	T515	50	£2.15
Avocado (Crude)	T580C	50	£3.20
Avocado (Refined)	T580R	50	£3.50
Borage	T570	50	£7.99
Calendula	T525	50	£4.99
Camellia	T535	50	£4.65
Carrot	T540	50	£4.99
Coconut (fractionated)	T520	50	£2.20
Evening Primrose	T575	50	£4.99
Grapeseed	T530	50	£1.60
Hazelnut	T565	50	£3.65
Jojoba	T555	50	£3.50

Carrier Oils	Code	Vol ml	RRP inc. vat
Macadamia	T550	50	£3.30
Peach Kernel	T510	50	£2.15
Rose Hip	T560	50	£9.99
Sesame	T505	50	£2.50
St John's Wort	T585	50	£5.75
Sunflower	T590	50	£1.65
Wheatgerm	T545	50	£2.99
Electric Diffusers	Code		RRP inc. vat
Aroma-Mouse with adapter	T646		£22.00
Aroma-Mouse refill pads (10)	T647		£2.50
Car Diffuser	Code		RRP inc. vat
AromAbout (diffuser for car cigarette lighter socket)	T660		£9.99
AromAbout refill pads (10)	T661		£1.99
Double Bubble Scent Balls	Code		RRP inc. vat
Hand Made Scottish Crystal Scent Balls - Colours - Amber, Amethyst, Aquamarine, Copper Ruby, Dark Green, Mid Green, Ruby Red, Sapphire Blue, Steel Blue and Topaz Gold			£20.00
Noel Blend			£4.25
Beddy Bears	Code		RRP inc. vat
Wheat and Lavender filled microwavable bears - Colours - blue / pink / light or dark brown / purple			
These adorable bears are a huge hit with children and adults alike as they are cute, cuddly and easy to use. Their revolutionary design contains specially treated wheat grains with a hint of French lavender which, as well as being sedative, has a multitude of therapeutic properties to soothe any problems.			£10.00
Books	Code		Price
Aromatherapy, an A-Z by Patricia Davis	T800		£12.99
Aromatherapy Workbook by Shirley Price	T801		£9.99
Encyclopaedia of Essential Oils by Julia Lawless	T802		£9.99
The Fragrant Pharmacy by Valerie Ann Worwood	T803		£9.95
Aromatherapy for Practitioners by Ulla-Maija Grace	T804		£8.95
Tea Tree Oil by Susan Drury	T805		£3.95
Veterinary Aromatherapy by Nelly Grosjean	T806		£7.95
Aromatherapy Stress Management by Christine Westwood	T807		£3.50
Aromatherapy, A Guide for Home Use, by Christine Westwood	T808		£1.99
Aromatherapy, A Nurse's Guide by Ann Percival	T809		£2.99
Aromatherapy, A Nurse's Guide for Women by Ann Percival	T810		£2.99
Aromatherapy for Healing The Spirit by Gabriel Mojay	T811		£11.99
Lavender Oil by Julia Lawless	T812		£5.99
Tea Tree Oil by Julia Lawless	T813		£5.99
Essential Oil Safety by Robert Tisserand and Tony Balacs	T814		£35.95
Aromatherapy, Simply for You by Marion Del Gaudio Mak	T816		£2.99
Aromatherapy for Healthy Legs & Feet by Christine Westwood	T817		£2.99
Aroma Science, The Chemistry and Bioactivity of Essential Oils	T818		£5.99
Essential Oils in Colour by Rosemary Caddy	T819		£9.99
Aromatherapy during your Pregnancy by Frances Clifford	T822		£3.99
Directory of Essential Oils by Wanda Sellar	T824		£9.99
The Fragrant Mind by Valerie Ann Worwood	T825		£9.99
Aromatherapy for Women by Maggie Tisserand	T827		£5.99
Create your own perfumes by Chrissie Wildwood	T828		£9.99
Aromatherapy in Midwifery Practice	T830		£14.95
The Anatomy Colouring Book	T832		£14.99
Advanced Aromatherapy by Kurt Schnaubelt	T833		£14.99
The Fragrant Heavens by Valerie Ann Worwood	T834		£8.99
Subtle Aromatherapy by Patricia Davis	T836		£8.95
Complete Illustrated Guide to Aromatherapy (paperback) by Julia Lawless	T838		£12.99

Complement Your Health is your local supplier of Absolute Aromas Essential Oils.

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Essential oils should be used responsibly at all times and Absolute Aromas and Complement Your Health

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ORDER FORM

NAME

ADDRESS

POSTCODE **TEL**

EMAIL ADDRESS **DATE**

DELIVERY ADDRESS

Item Description **Colour/Mls** **Unit Cost** **Qty** **Total**

EXAMPLE : *Beddy Bear* *Pink* *10* *2* *20*

Post/Collect/Deliver in Central Edinburgh **TOTAL**

Cheques payable to "Complement Your Health"

