



## What are the Essential Oils?

Essential oils are obtained from the seeds, bark, stems, roots, flowers, and other parts of plants with their essence. These can be both beautifully and powerfully fragrant. Essential oils excite powerful emotional responses, yet the use of essential oils goes well beyond their aromatic appeal. Essential oils are used since ancient times for their health-promoting properties. Modern trends toward more holistic ways to self-care and growing scientific validation of alternative health practices are driving a rediscovery of the profound health benefits of essential oils. Many oils have powerful cleansing properties; they have a unique chemical structure that allows them to deliver targeted benefits through topical application.



## Extraction Methods

Essential oils are extracted by the steam distillation method; in this process steam is circulated under pressure through plant material, liberating the essential oils into the steam. As the steam mixture cools, the water and oils are separated and the oil is collected in its pure form.

## Essential Oil Uses

Essential oils are used for a wide range of emotional & physical wellness applications. These can be used individually or in a complex blend. Essential oils are used in three different methods: diffused aromatically, applied topically to the skin, or taken internally as dietary supplements. When essential oils are used these can be both profoundly simple and life-changing at the same time. Essential oils are naturally safe and have few if any, undesirable side effects when used as directed. They are powerfully concentrated and should be used with care. If redness or irritation occurs when using essential oils topically, apply vegetable oil. Consult your physician before using essential oils if you are pregnant or under a doctor's care.

Look for the above symbols by the essential oil product descriptions in this product guide to help you with your oil selection. (Use instructions and appropriate cautions are included on individual essential oil labels).

## Where to Begin

Using essential oils is intuitively easy and extremely satisfying. However, the many oils available, with their numberless combinations and wellness applications, can be a bit overwhelming to beginners. As a simple first step on your journey with essential oils, we recommend a trio of Lavender, Lemon, and Peppermint. Three of our most popular oils will provide you and your family a compelling experience with the life-enhancing properties of essential oils.



# Essential Oils



## **Basil Essential Oil/Ocimum Basilicum**

**Admired for its restorative effects, Basil is commonly used for its calming properties.**

- Keep your skin looking clean, clear, and healthy
- Sweet-smell helps create a calm and relaxed environment
- When taken internally, supports cardiovascular and nervous system health

## **Cinnamon Bark Essential Oil/Cinnamomum zeylanicum**

**Well known for its use as a spice, Cinnamon also has several health-promoting benefits.**

- Place one drop of Cinnamon essential oil in hot water or tea and drink slowly to ease your throat
- Add to your favorite recipes in place of ground cinnamon for a delightfully tangy flavor
- Internal use supports healthy metabolic function

## **Citronella Essential Oil/Cymbopogon winterianus**

**Citronella is a tall grass grown in Asia with a crisp, fresh aroma. Usually used as a natural insect repellent, Citronella is an ideal companion during outdoor activities.**

- Diffuse or apply topically with a carrier oil to ward off bugs as an insect repellent
- Combine with citrus oils to boost your surface cleaning routine

## **Eucalyptus Essential Oil/Eucalyptus Radiata**

**Derived from eucalyptus leaves, Eucalyptus oil has many beneficial compounds.**

- Add one drop to moisturizer and apply to skin for revitalizing benefits
- Increases feelings of clear breathing

## Frankincense Essential Oil/ Boswellia sacra

### **Complete Cellular Support**

- Apply to neck and forehead with Lavender and Peppermint when taking time to relax
- Take internally in capsules to support healthy cellular function
- Use with Fractionated Coconut Oil or favorite face moisturizer for the appearance of beautiful, radiant skin

## Geranium Essential Oil/ Pelargonium graveolens

**Known for its floral aroma, Geranium is also a common ingredient in skincare products.**

- Add to your favorite facial moisturizer to soothe and beautify skin
- Apply diluted to skin with a carrier oil
- Add a few drops to your shampoo or conditioner for a healthy, vibrant glow

## Lavender Essential Oil/ Lavandula angustifolia

**Lavender has been cherished for its distinct aroma and health properties for thousands of years.**

- Take internally to reduce anxious feelings
- Relieves occasional skin irritations
- Take internally for a peaceful sleep

## Lemon Essential Oil/ Citrus limon

**This top-selling oil has multiple uses and benefits and is cold-pressed from lemon rinds to preserve its fragile nature and useful properties.**

- Cleanses and purifies the air and surfaces
- Internal use naturally cleanses the body and aids in digestion
- Supports healthy respiratory function when taken internally
- Uplifting, positive aroma





### **Lemongrass Essential Oil/ *Cymbopogon flexuosus***

Long used in Asian and Caribbean cooking for its subtle lemony zest and aroma, Lemongrass possesses many health-promoting benefits.

- Use to flavor entrées and meat dishes while promoting healthy digestion
- Combine with a carrier oil for a soothing massage
- Promotes healthy digestion and acts as an overall tonic to the body's systems when ingested

### **Peppermint Essential Oil/ *Mentha piperita***

A top-selling favorite, Peppermint provides myriad health benefits.

- Promotes digestive health when taken internally
- Helps relieve occasional stomach upset when consumed
- Promotes healthy respiratory function and clear breathing when ingested Repels bugs naturally

### **Roman Chamomile Essential Oil/ *Anthemis nobilis***

The most versatile of the chamomiles, Roman Chamomile is extracted from the daisy-like flower of the Roman chamomile plant.

- Internal use may be calming to the body
- When ingested, may help support healthy immune system function
- Diffuse or apply to bottoms of feet at bedtime

### **Rose Essential Oil/ *Rosa damascena***

Rose is the "Queen of Oils," Rose essential oil is highly sought after for its aroma and powerful topical and emotional benefits.

- Add to your favorite moisturizer to promote an even skin tone and healthy-looking complexion

## Rosemary Essential Oil/*Rosmarinus officinalis*

Considered holy by the ancient Greek, Roman, Egyptian, and Hebrew cultures, Rosemary has a myriad of uses.

- Internal use may support healthy respiratory function
- It May help support healthy digestion when consumed
- When taken internally, may help to reduce nervous tension and occasional fatigue

## Tea Tree Essential Oil/*Melaleuca alternifolia*

Tea Tree oil is made of 90 different compounds and has limitless applications.

- Renowned for its purifying and cleansing properties
- Soothing to irritated skin
- Diffuse throughout the home to help purify and freshen the air

## Thyme Essential Oil/*Thymus vulgaris*

Thyme, familiar to most as common herbs, produces a potent essential oil.

- Supports a healthy immune system
- Provides cleansing and purifying effects for the skin

## Ylang Ylang Essential Oil/*Cananga odorata*

Ylang Ylang, while famed for its exquisite fragrance, has myriad benefits.

- Taken internally, may provide antioxidant support
- Adds an aromatic experience to a soothing, calming massage
- Promotes healthy-looking skin and hair



# Carrier Oils

## What are Carrier Oils?

Carrier oils are used for diluting essential oils. These are known as base oils or vegetable oils. Carrier oils are the best way to use them for safe use. These allow essential oils to spread easily & safely. Essential oils are lively which means these can disappear soon after applying. Carrier oils make this process slow.

Carrier oils are used in different ways. Best oils have their characteristics & therapeutic benefits. Every blend has its impact.

## Extraction Method

Carrier oils are obtained from the nuts & seeds; they undergo the cold pressing method. This method is a chemical-free process. This includes keeping the nuts in seeds in the horizontal press known as expeller. The nuts & seeds drive through a battle-shaped hollow & compress until the oil comes.

This oil is filtered that results in the finished product. The clean & pure oil comes out as solvent residues are not present in this method. The friction can create some heat during the process but this heat can cause some damage to the oil.



### **Almond Oil/ *Prunus dulcis***

Almonds were originally grown in the Middle East. Almond oil is full of vitamin E, and it's a great source of magnesium, phosphorus, and copper.

- Use three to four drops in the diffuser
- Apply one to two drops to the desired area

### **Argan Oil/ *Argania spinosa***

This pale yellow "liquid gold" as we call it one of the rarest oils in the world produced from the nut of the Argan tree.

- Use three to four drops in the diffuser
- Rub a few drops onto the palms of your hands, and then comb your fingers through your hair to apply the oil and tame frizzy hair

### **Arachis Oil/ *Arachis hypogaea***

The Arachis Oil is popularly known by the name of Peanut or groundnut oil.

- Use three to four drops in the diffuser
- Apply one to two drops to the desired area

### **Avocado Oil/ *Persea americana***

Avocado has excellent skin penetrating properties that make it perfect so that it can be used on dry & flaky skin.

- Massage a good amount of avocado oil into your skin after you bathe
- As a facial oil moisturizer: Fill 2/3 of a 1-ounce bottle with avocado oil

### **Ashwagandha Oil/ *Withania somnifera***

Ashwagandha Oil is herbal; it has antioxidant & anti-tumor properties.

- Improves muscle tone & make them strong and reduces the pain of the body & make it fresh
- Used for weakness & leg-cramp



### **Black Seed Oil/ *Nigella sativa***

**Black Seed Oil is a major source of nutrients required for the body to function properly.**

- Used in food flavorings, perfumes, mouthwashes, and even cosmetics
- Used as a medical and general-purpose disinfectant

### **Borage Oil/ *Borago officinalis***

**Borage oil is used in both cosmetic & dietary applications. It is also used to increase breast milk but it can be dangerous.**

- An effective anti-aging oil that repairs & hydrates your skin
- Used for reducing stress & high blood pressure

### **Evening Primrose Oil/ *Oenothera biennis***

**Evening primrose contains the properties of Omega-6, so it is used to treat inflammation.**

- Help in preventing chronic fatigue syndrome
- Beneficial for hormonal balance

### **Flaxseed Oil/ *Linum usitatissimum***

**Flaxseed oil has a wide variety of uses, ranging from cooking to skincare.**

- Aids in weight loss
- Improves gut health

### **Hemp seed Oil/ *Cannabis sativa***

**Hemp oil & Hash oil are obtained from the species of the Cannabis plant; these are offered in different ways & have different properties & effects.**

- Even outs the complexion
- Promotes the body's expulsion



### Rosehip Oil/ *Rosa canina* L.

Rosehips are the tiny, reddish-orange, edible, spherical fruits that remain on a Rosebush after Roses have bloomed, lost their petals, and died.

- Used in cosmetics & other beauty products
- Reduces fine lines & scars

### Kalonji Oil/ *Nigella sativa*

Kalonji oil is native to India. This oil is used in different industries like food, cosmetics, and pharmaceuticals.

- Beneficial for Heart-related Conditions
- Controls Asthma Symptoms

### Onion Seed Oil/ *Allium Cepa*

Onion seed oil is made from the seeds of the flowering shrub. It has cancer-fighting powers.

- Controls cholesterol levels in the blood
- Has analgesic, antibacterial, antifungal & antioxidant properties

### Macadamia Oil/ *Macadamia ternifolia*

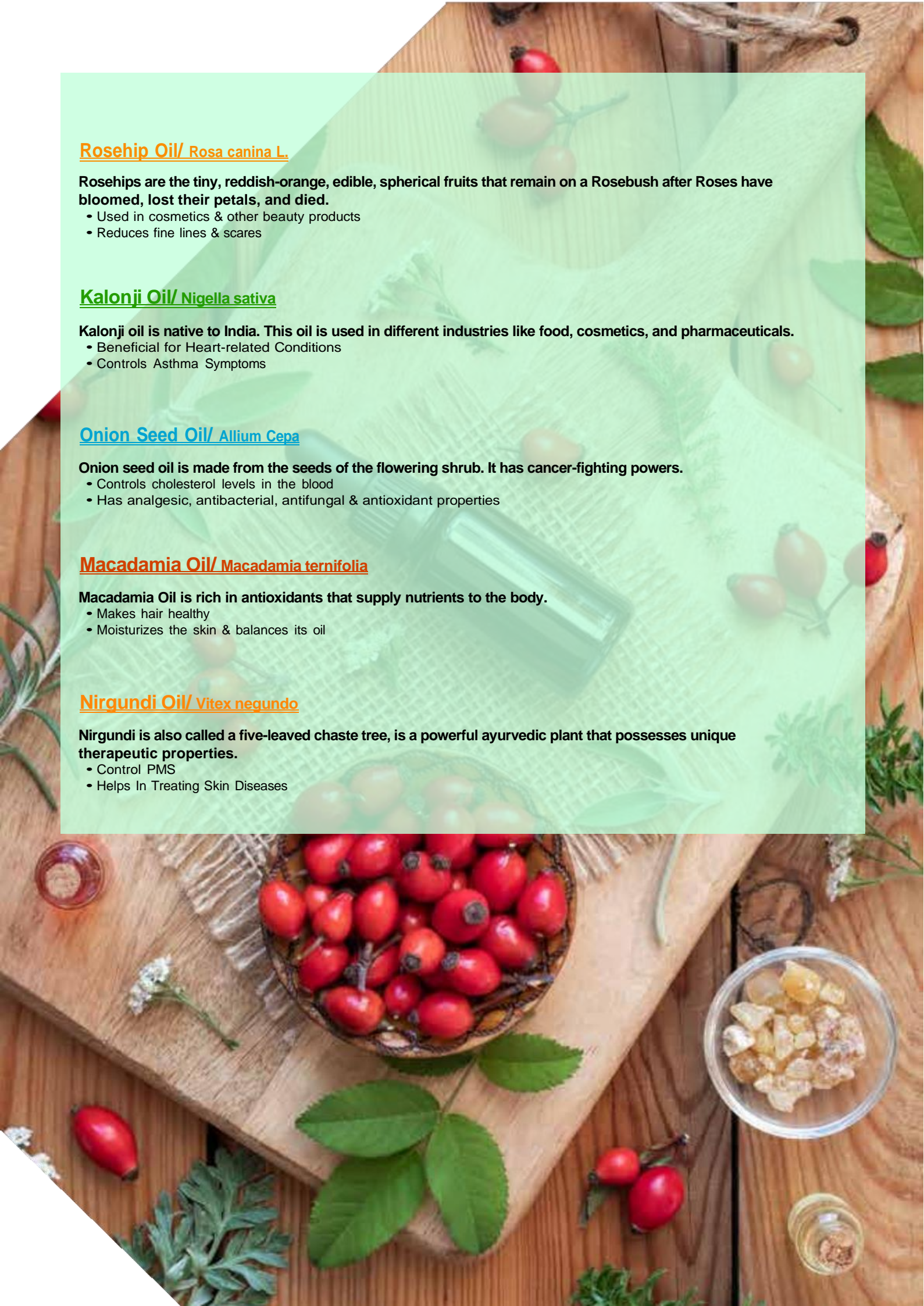
Macadamia Oil is rich in antioxidants that supply nutrients to the body.

- Makes hair healthy
- Moisturizes the skin & balances its oil

### Nirgundi Oil/ *Vitex negundo*

Nirgundi is also called a five-leaved chaste tree, is a powerful ayurvedic plant that possesses unique therapeutic properties.

- Control PMS
- Helps In Treating Skin Diseases



# Floral Water

## What is Floral Water?

Hydrosols are also called floral water; it is the water that is recovered during the steam distillation of Essential Oils. When the essential oils are distilled through steam distillation, water is condensed. Most of the volatile compounds are accumulated as Essential Oils.

## Extraction Method

Floral waters are extracted by distillation and source of aromatic molecules, they will boost formulas by bringing 'active water'.

### Basil Hydrosol

**Basil hydrosol has grassy notes and is clear, water-soluble, and consists of exceedingly fresh characteristic basil aroma.**

- Treat skin problems like acne, blackheads, and premature aging
- Treat insect bites

### Chamomile Hydrosol

**Chamomile water is used in homemade wipes for babies & young children as it is gentle on hands, face & sore bottoms.**

- Minimize menstrual pain and grumpiness
- Treat diabetes and lowering blood sugar

### Clary Sage Hydrosol

**Clary sage hydrosol floral water is best for toners & cleansers. It is used for the treatment of spots, sores, cuts, grazes, and new piercings.**

- Used as a makeup remover
- Use to Water Phase in Facials, Clay, Masks, Moisturizers, Skin Care formulations



### Cucumber Hydrosol

Cucumber water is known as hydrating water as it has many health benefits like weight loss, helping bone health, lowers blood pressure & improves skin health.

- Reduces steroid alcohol and controls vital sign
- Joints pain relief

### Frankincense Hydrosol

Frankincense hydrosol has a fresh aroma that has both sweet and woody notes. It also has relaxing and restorative actions.

- Offers energetic protection of the auric field
- Helps dry up excess mucus and expel phlegm from the lungs

### Ginger Hydrosol

Ginger Hydrosol is used in food processing as it has a delightful taste treat.

- Helps to detoxify and improve blood circulation
- Is an antiseptic, digestive, and analgesic

### Lavender Water

Lavender is mainly used for insomnia, depression, headache, pain, Anxiety & restlessness.

- Soothing toner for irritated scalp
- Soothe and cool sunburned skin

### Lemongrass Water

Lemongrass water, a popularly known ingredient for stress relieving applications, offers anti-fungal as well as antimicrobial properties.

- Used to add flavor in Chinese and Thai recipes
- Used to soothe sore joints or muscle strains

### Orange Blossom Water

Orange blossom water also known as orange flower water is the clear, perfumed by-product of the distilled water of fresh bitter orange blossoms.

- Soothes and relaxes nerves
- Makes skin soft and smooth

# Spice Oil

## Ginger Oil

Ginger Oil has a strong, warm, or spicy aroma. It is used in aromatherapy.

- Relieves inflammatory conditions
- Lowers cholesterol levels and improves heart health

## Black Pepper

Black Pepper has a fantastic aroma and is one of the essential ingredients in all culinary dishes, especially Indian ones.

- Used as a preservative and as a raw material for food and other oils
- Used as a detoxifier for the scalp

## Oregano Oil

Oregano has a high concentration of compounds that occur naturally in the plant.

- Treats symptoms that are associated with bronchitis, flues, cold, and other respiratory ailments
- Reduces the discomfort associated with insect bites

## Turmeric Oil

Turmeric is a staple spice found in most Indian and Asian cuisines. Brimming with powerful phytochemicals and antioxidants, it has undeniable health benefits and uses.

- Useful for the brain
- Reduces inflammation

## Garlic Oil

Garlic Oil is insoluble in water and soluble in organic solvents and is used for treating various health problems. In addition to its medicinal properties.

- Prevents heart diseases
- Used in cooking due to its medicinal properties and spicy flavor

## Caraway Oil

Caraway seeds carry a very strong aroma and medicinal benefits. This makes it very popular for use as a spice in recipes and disinfectant.

- Cures asthma, cough & bronchitis
- Helpful in sore throat, laryngitis, & urinary problems

## Fennel Oil

Fennel is a perennial herb and its color is clear with a faint yellow tinge and it has a thin consistency.

- Helps in fighting wrinkles
- Helpful in general skincare

## Cardamom Oil

Cardamom oil is used for digestion problems i.e. heartburn, intestinal spasms, irritable bowel syndrome, diarrhea, liver, constipation & other problems.

- Contains cancer-fighting properties
- Treats bad breathe



## Cashew Nut Oil

Being blessed with rich vitamins and nutrients, the cashew nut oil provides exceptional benefits.

- Provide smooth skin texture
- Treat fungal infections

# Essential Oils

- Agarwood Oil
- Ajwain Oil
- Angelica Root Oil
- Anise Oil
- Armoise Oil
- Basil Oil
- Bergamot Oil
- Black Pepper Oil
- Brahmi Oil
- Cade Oil
- Caraway Oil
- Cedarwood Oil
- Chamomile Blue Oil
- Chamomile Roman Oil
- Citronella Oil
- Clary Sage Oil
- Curry Leaf Oil
- Cypress Oil
- Cypriol Oil
- Davana Oil
- Dill Seed Oil
- Fennel Oil
- Frangipani Oil
- Frankincense Oil
- Garlic Oil
- Geranium Oil
- Geranium Oil China
- Ginger Lily Oil
- Ginger Oil
- Grape Fruit Oil
- Green Tea Oil
- Helichrysum Oil
- Jamrosa Oil
- Jamrosa Root Oil
- Jasmine Essential Oil
- Juniper Berry Oil
- Lavender Oil
- Lemon Balm Oil
- Lemon Oil
- Lemongrass Oil
- Lime Oil
- Litseacubeba Oil
- Mace Oil
- Malkangni Oil
- Mandarin Oil
- Marjoram Oil
- Melissa Oil
- Myrrh Oil
- Myrtle Oil
- Nagarmotha Oil
- Neroli Oil
- Nutmeg Oil
- Olibanum Oil
- Orange Oil
- Palmarosa Oil
- Parsley Seed Oil
- Patchouli Oil
- Petitgrain Oil
- Rosemary Oil
- Sandalwood Oil
- Spike Lavender Oil
- Star Anise Oil
- Tagetes Oil
- Tangerine Oil
- Tea Tree Oil
- Thyme Oil
- Tomar Seed Oil
- Tuberose Oil
- Turmeric Oil
- Turmeric Root Oil
- Valerian Root Oil
- Vanilla Oil
- Vetiver Oil
- Wintergreen Oil
- Ylangylang Oil
- Organic Essential Oils:
  - Agarwood Oil
  - Ajwain Oil
  - Ambrette Seed Oil
  - Angelica Root Oil
  - Anise Oil
  - Armoise Oil
  - Asafoetida Oil

- Basil Oil
- Bay Oil
- Cade Oil
- Cajeput Oil
- Calamus Oil
- Camphor Oil
- Caraway Oil
- Cardamom Oil
- Carrot Seed Oil
- Cassia Oil
- Cedarwood Oil
- Celery Seed Oil
- Chamomile Oil
- Chamomile Roman Oil
- Chili Oil
- Cinnamon Bark Oil
- Cinnamon Leaf Oil
- Cinnamon Oil
- Citronella Oil
- Clove Oil
- Coriander Oil
- Cumin Oil
- Curry Leaf Oil
- Cypress Oil
- Cypriol Oil
- Davana Oil
- Dill Seed Oil
- Eucalyptus Oil
- Fennel Oil
- Frangipani Oil
- Frankincense Oil
- Galangal Oil
- Garlic Oil
- Geranium Oil China
- Ginger Lily Oil
- Green Tea Oil
- Helichrysum Oil
- Holy Basil Oil
- Jamrosa Oil
- Jamrosa Root Oil
- Jasmine Essential Oil
- Juniper Berry Oil
- Jyotishmati Oil
- Laurel Leaf Oil
- Lemon Eucalyptus Oil
- Lime Oil
- Litseacubeba Oil
- Mace Oil
- Mandarin Oil
- Marjoram Oil
- Marula Oil
- Melissa Oil
- Myrrh Oil
- Myrtle Oil
- Nagarmotha Oil
- Nutmeg Oil
- Olibanum Oil
- Orange Oil
- Orange Oil Bitter
- Oregano Oil
- Palmarosa Oil
- Parsley Seed Oil
- Patchouli Oil
- Peru Balsam Oil
- Petitgrain Oil
- Pine Oil
- Saffron Oil
- Sage Oil
- Sandalwood Oil
- Spike Lavender Oil
- Spikenard Oil
- Star Anise Oil
- Sugandhakokila Oil
- Sugandhmantri Oil
- Tagetes Oil
- Tangerine Oil
- Tarragon Oil
- Tolu Balsam
- Tomar Seed Oil
- Tuberose Oil
- Turmeric Oil
- Turmeric Root Oil
- Valerian Root Oil
- Vanilla Oil
- Vetiver Oil
- Wintergreen Oil

- Ylangylang Oil
- Nature Identical Oils :
- Cardamom Oil
- Clary Sage Oil
- Geranium Oil
- Lavender Oil
- Lotus Oil
- Neroli Oil
- Orange Oil Sweet
- Rose Oil
- Sugandhmantri Oil
- Tolu Balsam
- 10% Dilutions :
- Cajeput Oil
- Chamomile Oil
- Jasmine Absolute
- Lavender Oil
- Spike Lavender Oil
- Tea Tree Oil
- Aromatherapy Starter Kits
- Cedarwood Oil
- Clove Oil
- Grape Fruit Oil
- Lavender Oil
- Rosemary Oil
- Anti-Bacterial Oils
- Cinnamon Bark Oil
- Clove Oil
- Frankincense Oil
- Geranium Oil
- Grape Fruit Oil
- Lavender Oil
- Lime Oil
- Orange Oil
- Patchouli Oil
- Peppermint Oil
- Rosemary Oil
- Tangerine Oil
- Tea Tree Oil
- Thyme Oil
- Antiviral Oils
- Basil Oil
- Cinnamon Bark Oil
- Clove Oil
- Geranium Oil
- Lavender Oil
- Tea Tree Oil
- Thyme Oil
- Herbal Oils
- Amla Oil
- Ashwagandha Oil
- Basil Oil
- Bhringraj Oil
- Brahmi Oil
- Malkangni Oil
- Neem Oil
- Soap Nut Oil
- Jasmine Absolute
- Rose Oil

## Carrier Oils

- Almond Oil
- Amaranth Oil
- Amla Oil
- Apricot Kernel Carrier Oil
- Ashwagandha Oil
- Avocado Oil
- Bitter Almond Oil
- Bitter Gourd Oil
- Castor Oil
- Chestnut Oil
- Coconut Oil
- Corn Oil
- Cotton Seed Oil
- Cucumber Oil
- Custard Apple Seed Oil
- Flaxseed Oil
- Grape Seed Oil
- Green Tea Seed Oil
- Hemp Seed Oil
- Jojoba Oil
- Jojoba Oil Golden
- Kalonji Oil

- Kiwi Seed Oil
- Macadamia Nut Oil
- Mango Seed Oil
- Moringa Seed Oil
- Musk Melon Oil
- Mustard Oil
- Neem Oil
- Nigella Sativa Oil
- Olive Oil
- Papaya Seed Oil
- Peach Seed Oil
- Pineapple Seed Oil
- Pistachio Oil
- Pomegranate Seed Oil
- Pumpkin Seed Oil
- Rosehip Seed Oil
- Saw Palmetto Oil
- Sea Buckthorn Oil
- Sesame Seed Oil
- Soap Nut Oil
- Sweet Almond Oil
- Tamanu Oil
- Tomato Seed Oil
- Watermelon Seed Oil
- Wheat Germ Oil
- Cold Pressed Oils
- Almond Oil
- Amla Oil
- Apricot Kernel Carrier Oil
- Arachis Oil
- Argan Oil
- Ashwagandha Oil
- Avocado Oil
- Bhringraj Oil
- Bitter Almond Oil
- Black Seed Oil
- Blackberry Oil
- Borage Seed Oil
- Buchu Oil
- Cacay Oil
- Cactus Seed Oil
- Calendula Oil
- Cashew Nut Oil
- Castor Oil
- Chaulmoogra Oil
- Chestnut Oil
- Chironji Oil
- Coconut Oil
- Corn Oil
- Cotton Seed Oil
- Cucumber Oil
- Custard Apple Seed Oil
- Evening Primrose Oil
- Fenugreek Oil
- Grape Seed Oil
- Green Tea Seed Oil
- Hazel Nut Oil
- Hemp Seed Oil
- Jackfruit Oil
- Jojoba Oil
- Jojoba Oil Golden
- Kiwi Seed Oil
- Kukui Nut Oil
- Linseed Oil
- Lychee Oil
- Macadamia Nut Oil
- Moringa Seed Oil
- Musk Melon Oil
- Mustard Oil
- Neem Oil
- Nigella Sativa Oil
- Noni Seed Oil
- Olive Oil
- Papaya Seed Oil
- Peach Seed Oil
- Pineapple Seed Oil
- Pistachio Oil
- Pomegranate Seed Oil
- Poppy Seed Oil
- Pumpkin Seed Oil
- Raspberry Seed Oil
- Rosehip Seed Oil
- Saw Palmetto Oil
- Sea Buckthorn Oil
- Sesame Seed Oil
- Soap Nut Oil



Govianu Ventures LLP  
Judicial Layout, Yelahanka New Town  
Bengaluru- 560064  
Karnataka, India  
[info@govianuventures.com](mailto:info@govianuventures.com)  
+91-9740931896

