Pure & Natural

nowfoods.com/nowsolutions
The integrity of an essential oil is determined not only by the botanical from which it’s derived, but also by the harvesting and extraction methods used to bring the finished oil to life. At NOW® Solutions we understand the steps that make an exceptional essential oil, and we work with growers who share our passion for quality from start to finish. This attention to detail is what ultimately allows us to bring you essential oils of unsurpassed quality and purity. Enjoy!

NOW® Solutions, redefining natural beauty.
NOW® Solutions' essential oils are genuine reflections of the botanicals from which they're born. Our wide array of essential oils is comprised of 100% pure and natural extracts that, when properly diffused, can encourage wellness, tranquility and inspiration.

Aromatherapy is the diffusion of pure, natural aromatic essences from plants and botanicals for the purpose of promoting harmony of the body, mind, and spirit. It's a natural technique that's non-invasive, yet all-encompassing in its ability to affect the well-being of the whole person through the use of one of our most powerful senses – the sense of smell.

Aromatherapy works through two different modes of action. The first is through the effect of aromas on the brain, which work through the olfactory system to affect emotions. The second is through the direct effects of the beneficial substances naturally inherent in the botanicals from which essential oils are derived. Aromatherapy is not intended as a cure for any ailment. Rather, it helps to promote homeostasis.

These days producing an essential oil that's highly concentrated, identity verified, and beneficial is a craft that involves a delicate balance of art and science that cannot be compromised. Fresh botanicals bursting with vitality, strict attention to detail, and meticulous extraction methods are what separate the elite essential oils from the run-of-the-mill oils you'll find on the market today. At NOW® Solutions we take the quality and safety of our oils very seriously, to ensure that every oil we produce is brought to you in a manner that's scientifically and environmentally responsible.

Aromatherapy & Essential Oils

Things Are Just Rosy
Add the following oils to a diffuser and enjoy:
1 drop of NOW® Geranium Oil
15 drops of NOW® Rose Absolute Oil
Certified Organic
The botanicals used to produce NOW® Certified Organic Essential Oils are grown in soil that is free of pesticides, synthetic fertilizers and herbicide residues. Each one is guaranteed to be of the finest quality available, GC/FTIR verified and Certified Organic by Quality Assurance International (QAI).

100% Pure & Natural
The diversity, purity and potency of our 100% Pure & Natural Essential Oils have made them favorites among both aromatherapists and casual users. Each one is highly concentrated, synthetic-free and subject to the same testing methods as our Certified Organic Essential Oils.

Essential Oil Blends
Essential Oil Blends serve as a cost-effective way to enjoy the aromatic fragrances of many of today's most sought after essential oils. Jasmine Absolute, Rose Absolute and Lemon/Eucalyptus are among the most popular.
Steam Distillation
With this form of distillation, essential oils are converted into vapor, condensed into liquid and then bottled for your enjoyment. It’s a popular, natural and precise way to gently extract essential oils while leaving behind undesirable components.

Cold Press Extraction
Cold press extraction is another natural extraction method used primarily for citrus extracts, such as Orange, Lemon, Lime, Bergamot and Tangerine. It involves carefully applying a cold “press” to the botanical to squeeze out the highest concentration of beneficial oils.

Solvent Extraction
Botanicals that are too delicate or costly for distillation are often extracted efficiently using edible solvents such as ethanol. Examples of solvent-extracted oils include Rose Absolute and Jasmine Absolute.

CO₂ Extraction
CO₂ Extraction is a modern technique used to remove the oils or essence from the plant matter without using heat or leaving behind any solvent residue. An example of a CO₂ extracted oil is our Vanilla Concentrate.

Add the following oils to a diffuser and enjoy:

- 6 drops of NOW® Tangerine Oil
- 4 drops of NOW® Cinnamon Bark Oil
- 2 drops of NOW® Nutmeg Oil
Validating Essential Oil Quality

Gas Chromatography
GC is an “identity” test that is used on complex mixtures to separate and identify individual volatile components through specific analytical columns when combined with a carrier gas. The resulting “fingerprint” allows an experienced analytical chemist to positively verify the oil’s identity.

Fourier Transform Infrared Spectroscopy
With FTIR, a beam of infrared light is passed through a sample to determine the frequency at which energy is absorbed. It is a highly accurate method that helps reveal and confirm the identity and purity of essential oils. NOW’s experienced analytical chemists use this sophisticated tool to verify our oils.

Optical Rotation
NOW requires all suppliers of essential oils to perform an Optical Rotation analysis to ensure that each batch meets our demanding set of established optical criteria.

Aroma Comparison
NOW’s Quality Control department goes one step beyond analytical testing. Our experienced professional Quality Inspectors physically inspect our essential oils for consistency, color and aroma.

Refresh Yourself
Add the following oils to a diffuser and enjoy:
3 drops of NOW® Clary Sage Oil
3 drops of NOW® Lemon Oil
3 drops of NOW® Ginger Oil
Using Essential Oils

Diffusion

Diffusion provides continuous distribution of the oils’ scents and active constituents, making it easy to absorb them within the body. The nerve fibers of the olfactory cavity do not pass through the brain’s switching station, therefore the emotional effects of scents are immediately recognized. Diffusion is an effective and noninvasive way to reap the benefits of essential oils.

Skin Applications

Certain oils can be applied to the skin, though it is very important to use caution when doing so. 100% essential oils are highly concentrated and need to be diluted for safe, topical use. Almond and Jojoba are two of the most popular carrier oils and are ideal for diluting. For more information on topical applications, we suggest consulting an aromatherapist or a credible aromatherapy book.

Bath

Adding just a few drops of your favorite essential oils to a warm bath is a wonderful way to unwind after a long, stressful day. As with all highly concentrated essential oils, be cautious when allowing any essential oil to come into contact with the skin, as some may cause irritation or discomfort. Oils can make your tub slippery, too, so watch your step.

Cosmetic Additions

Some essential oils can be complementary to your favorite cosmetic and personal care products. These include soaps and body washes, shampoos and conditioners, moisturizing lotions and creams, and many others. Always make sure, however, that the oil you’re working with is appropriate for topical use.

For recipe ideas visit www.nowfoods.com/Personal-Care/Ingredients-Guide/Recipes

Goodnight Sleep

Add the following oils to a diffuser and enjoy:

- 2 drops of NOW® Sage Oil
- 1 drop of NOW® Ylang Ylang Oil
- 20 drops of NOW® Neroli Blend Oil
100% Pure & Natural Essential Oils

<table>
<thead>
<tr>
<th>Code</th>
<th>Product</th>
<th>Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>7530</td>
<td>Cinnamon Cassia Oil</td>
<td>1 fl. oz.</td>
</tr>
<tr>
<td>7535</td>
<td>Citronella Oil</td>
<td>1 fl. oz.</td>
</tr>
<tr>
<td>7538</td>
<td>Clary Sage Oil</td>
<td>1 fl. oz.</td>
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<tr>
<td>7540</td>
<td>Clove Oil</td>
<td>1 fl. oz.</td>
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<tr>
<td>7541</td>
<td>Clove Oil</td>
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<tr>
<td>7652</td>
<td>Cypress Oil</td>
<td>1 fl. oz.</td>
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<tr>
<td>7545</td>
<td>Eucalyptus Oil</td>
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<tr>
<td>7546</td>
<td>Eucalyptus Oil</td>
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<tr>
<td>7549</td>
<td>Eucalyptus Oil</td>
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<tr>
<td>7542</td>
<td>Frankincense Oil</td>
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<tr>
<td>7552</td>
<td>Geranium Oil</td>
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<tr>
<td>7553</td>
<td>Ginger Oil</td>
<td>4 fl. oz.</td>
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<tr>
<td>7556</td>
<td>Grapefruit Oil</td>
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<tr>
<td>7558</td>
<td>Juniper Berry Oil</td>
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<td>Lavender Oil</td>
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<tr>
<td>7492</td>
<td>Lavender Oil</td>
<td>2 fl. oz.</td>
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<td>Lavender Oil</td>
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<td>Lavender Oil</td>
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<td>Lemongrass Oil</td>
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<td>Lemon Oil</td>
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<tr>
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<td>Lemon Oil</td>
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<tr>
<td>7567</td>
<td>Lime Oil</td>
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<tr>
<td>7568</td>
<td>Marjoram Oil</td>
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<tr>
<td>7569</td>
<td>Marjoram Oil</td>
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<tr>
<td>7570</td>
<td>Orange Oil</td>
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<tr>
<td>7571</td>
<td>Orange Oil</td>
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<td>7573</td>
<td>Oregano Oil</td>
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<tr>
<td>7574</td>
<td>Patchouli Oil</td>
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<td>Patchouli Oil</td>
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<tr>
<td>7580</td>
<td>Pennyroyal Oil</td>
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<tr>
<td>7585</td>
<td>Peppermint Oil</td>
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<tr>
<td>7586</td>
<td>Peppermint Oil</td>
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<tr>
<td>7591</td>
<td>Peppermint Oil</td>
<td>16 fl. oz.</td>
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<tr>
<td>7590</td>
<td>Pine Oil</td>
<td>1 fl. oz.</td>
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<tr>
<td>7600</td>
<td>Rosemary Oil</td>
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<tr>
<td>7496</td>
<td>Rosemary Oil</td>
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<tr>
<td>7601</td>
<td>Rosemary Oil</td>
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<tr>
<td>7610</td>
<td>Sage Oil</td>
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<tr>
<td>7620</td>
<td>Spearmint Oil</td>
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<tr>
<td>7623</td>
<td>Tangerine Oil</td>
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<tr>
<td>7625</td>
<td>Tea Tree Oil</td>
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<tr>
<td>7489</td>
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<td>7626</td>
<td>Tea Tree Oil</td>
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<tr>
<td>7628</td>
<td>Tea Tree Oil</td>
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<td>7635</td>
<td>Thyme Oil, White</td>
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<tr>
<td>7640</td>
<td>Wintergreen Oil</td>
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<tr>
<td>7650</td>
<td>Ylang Ylang Oil</td>
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<tr>
<td>7557</td>
<td>Jasmine Absolute</td>
<td>7.5%</td>
</tr>
<tr>
<td>7558</td>
<td>Jasmine Oil</td>
<td>1 fl. oz.</td>
</tr>
<tr>
<td>7734</td>
<td>Lavender &amp; Tea Tree Oil</td>
<td>60/40%</td>
</tr>
<tr>
<td>7736</td>
<td>Lemon/Eucalyptus Oil</td>
<td>1 fl. oz.</td>
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<tr>
<td>7606</td>
<td>Mental Focus Blend</td>
<td>1 fl. oz.</td>
</tr>
<tr>
<td>7543</td>
<td>Myrrh Oil</td>
<td>20%</td>
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<tr>
<td>7611</td>
<td>Naturally Loveable Blend</td>
<td>1 fl. oz.</td>
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<tr>
<td>7575</td>
<td>Neroli Oil</td>
<td>7.5%</td>
</tr>
<tr>
<td>7577</td>
<td>Oil Of Oregano</td>
<td>5%</td>
</tr>
<tr>
<td>7607</td>
<td>Peaceful Sleep Blend</td>
<td>1 fl. oz.</td>
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<tr>
<td>7608</td>
<td>Peace &amp; Harmony Blend</td>
<td>1 fl. oz.</td>
</tr>
<tr>
<td>7597</td>
<td>Rose Absolute</td>
<td>5%</td>
</tr>
<tr>
<td>7668</td>
<td>Sandalwood Oil</td>
<td>1 fl. oz.</td>
</tr>
<tr>
<td>7596</td>
<td>Vanilla Concentrate Blend</td>
<td>1 fl. oz.</td>
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</table>

Complete List of Essential Oils

Certified Organic Essential Oils

<table>
<thead>
<tr>
<th>Code</th>
<th>Product</th>
<th>Size</th>
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<tbody>
<tr>
<td>7410</td>
<td>Eucalyptus Oil</td>
<td>1 fl. oz.</td>
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<td>7430</td>
<td>Lavender Oil</td>
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<td>7420</td>
<td>Lemon Oil</td>
<td>1 fl. oz.</td>
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<tr>
<td>7440</td>
<td>Orange Oil</td>
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<td>7452</td>
<td>Peppermint Oil</td>
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<tr>
<td>7460</td>
<td>Rosemary Oil</td>
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<tr>
<td>7470</td>
<td>Tea Tree Oil</td>
<td>1 fl. oz.</td>
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100% Pure & Natural Essential Oil Blends

<table>
<thead>
<tr>
<th>Code</th>
<th>Product</th>
<th>Size</th>
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<tbody>
<tr>
<td>7604</td>
<td>Cheer Up Buttercup Blend</td>
<td>1 fl. oz.</td>
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<tr>
<td>7605</td>
<td>Clear the Air Blend</td>
<td>1 fl. oz.</td>
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<tr>
<td>7548</td>
<td>Frankincense Oil Blend 20%</td>
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<tr>
<td>7557</td>
<td>Jasmine Absolute 7.5%</td>
<td>1 fl. oz.</td>
</tr>
<tr>
<td>7555</td>
<td>Jasmine Oil Natural &amp; Synthetic</td>
<td>1 fl. oz.</td>
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<tr>
<td>7728</td>
<td>Lavender &amp; Tea Tree Oil 60/40%</td>
<td>1 fl. oz.</td>
</tr>
<tr>
<td>7729</td>
<td>Lemon/Eucalyptus Oil 1 fl. oz.</td>
<td></td>
</tr>
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<td>Mental Focus Blend 1 fl. oz.</td>
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Essential Oil Blends

Cheer Up Buttercup!
Mental Focus
Peace & Harmony

Clear the Air
Peaceful Sleep
Naturally Loveable

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