

AURA CACIA®



Your Guide To **ORGANIC**

**ESSENTIAL OILS &
SKIN CARE OILS**





- ORGANIC COPAIBA
- ORGANIC PLUM PLAIN ESSENCE
- ORGANIC HOLY BASIL
- ORGANIC LAVENDER
- ORGANIC CARDAMOM
- ORGANIC BLOOD ORANGE
- ORGANIC ROSEMARY
- ORGANIC MYRRH
- ORGANIC CAJAPUT

Why choose Aura Cacia Organic Essential Oils?

- **OWNERSHIP.** Aura Cacia is part of Frontier Co-op, a natural products leader since the 1970s. As a co-op, our success goes back to our member owners.
- **SELECTION.** Aura Cacia carefully curates its selection of 37 organic essential oils based on consumer demand and sustainable supply.
- **SOURCING.** Aura Cacia partners with suppliers in more than 30 countries around the world to bring in the best, most sustainable essential oils. As part of Frontier Co-op, we've given over \$1 million back to the sources for business and community building.
- **INTEGRITY.** Aura Cacia doesn't make false, unregulated or unsafe performance claims about its essential oils.
- **EDUCATION.** Aura Cacia believes in teaching people how to use essential oils safely with an education-oriented website and online Noteworthy health and wellness community.
- **GIVING BACK.** Aura Cacia moves lives forward with its grant program, Positive Change Project. With annual grants to organizations helping women of courage and determination work to better their lives.

New! Extended Content Labels

Aura Cacia Essential Oil extended content labels tell the story of each oil's benefit, uses and connection to nature. You will also find a recipe, what the oil goes well with and the aroma profile.



What are essential oils?

Essential oils are the aromatic, volatile substances found within fragrant plants. They are extracted from plant parts, like the flower, leaf, resin, bark, root, branch, seed or fruit. Within these oils, hundreds of organic constituents promote beneficial responses when applied or diffused into the airspace.

How does Aura Cacia ensure quality of its essential oils?

Aura Cacia essential oils are sourced carefully and sustainably from the best sources around the world.

We work hard to establish and maintain trusting relationships with our suppliers.

Each shipment must pass full analytical testing to verify purity and quality.

Learn more about each oil at auracacia.com.



How are organic essential oils produced?

1. Steam Distillation

The vast majority of oils are extracted using steam distillation. During this process, steam is introduced into a distillation chamber, which contains the plant material. The steam breaks down the plant tissue, causing it to release its essential oil in a vaporized form. The vaporized essences, along with the steam and other substances, pass into a pipe through the condensers. The vapors return to liquid form and are separated from the water, where they're captured as essential plant oil.

2. Expression or Cold Press

Cold press, also known as expression, is a mechanical method of pressing citrus peels, such as lime, lemon, bergamot, orange, and grapefruit, to remove the essential oils. The expression method uses pressure to physically squeeze the oil from the plant tissue. This method is practical for citrus because of the unique oil-bearing structure of citrus fruit rind.

How do you use essential oils?

There are many ways to enhance your everyday life with essential oils. The primary applications include inhalation, diffusion, home care and topical use in aromatherapy care for your body and skin.



1. Inhalation

This one's simple. Simply open the bottle or place a few drops on a cotton ball and smell. With each inhalation of an aroma, thousands of olfactory nerves in the nostrils send messages to the brain.

2. Diffusion

Diffusion is the method of releasing essential oils into the air, extending the aroma for longer periods of time. Diffusion includes the use of diffusers, air fresheners, room sprays and mists, and more. Many of these applications combine water and one or more essential oils.

3. Home Care

Essential oils are valuable, synthetic-free, botanical-based ingredients that provide valuable benefits to DIY home care products such as air fresheners, floor cleaners, scrubbing powders, window washes, carpet deodorizers and furniture oils. Besides providing wonderful aromas, essential oils can add their cleansing, purifying and protecting benefits to home care practices.

4. Topical

Essential oils are readily absorbed through the skin, where they mingle with the skin's natural emollients. There are many topical applications for essential oils, including massage oils, face creams, body moisturizers and lotions, foot scrubs, body mists, and more. Because essential oils are so concentrated, however, they must be diluted with skin care oils, water, or other carriers before being applied directly to the skin.

Important Safety Note

DO NOT use oils internally. Aura Cacia does not recommend cooking with or taking essential oils internally. There is not enough substantiated evidence to warrant this practice and it is a widely misrepresented and misunderstood topic. Essential oils are highly concentrated and toxicity varies with each oil. In addition, aromatherapy products are regulated by the FDA as cosmetics and must conform to cosmetic labeling regulations. Aura Cacia labels all products in compliance with regulations in order to protect users.

the BASICS

Dilution & Safety

Essential oils are highly concentrated, volatile substances. In order to be used safely, they should be diluted in another safe substance, like a carrier oil or an unscented lotion or liquid soap. The dilution formula appropriate for most healthy adults is 2%, which is equivalent to 12 drops of essential oil per ounce of carrier. However, the 2% dilution may vary depending on the essential oil and application used. Lower dilution rates are recommended for some oils while higher dilution rates may apply to home cleaning applications where there is not contact with skin. Whenever you use essential oils, keep these safety tips in mind:

- Always dilute essential oils in a carrier oil, lotion or soap before applying to skin
- Test diluted essential oils on inconspicuous areas before general use
- Follow the oil-specific recommendations for dilution and safe use as found on the label
- Consult with a health practitioner before use if pregnant, nursing, suffering from any medical condition, or taking medication
- Keep essential oils out of reach of children and pets
- Keep essential oils away from your eyes



AURA CACIA®

ORGANIC ESSENTIAL OILS



Distilled from certified organic botanicals and verified from field to you, Aura Cacia Organic Essential Oils are a premium choice for wellness.

BASIL, SWEET (*Ocimum basilicum*) This sweet basil is distilled in Egypt from the flowering tops. The spicy, fresh scent is soothing to off-kilter cores. *Quick Tip: Blend 24 drops with 2 fl oz water, spray yoga mat to center your practice.*

BLACK PEPPER (*Piper nigrum*) Our black pepper is distilled from ripe peppercorns grown on farms in Madagascar. The warming aroma is well-suited for muscle care. *Quick Tip: For a foot soak, mix 12 drops with 1 fl oz plain liquid soap in a warm water basin.*

BERGAMOT (*Citrus bergamia*) Expressed from the fresh fruit peel from Italian-grown bergamot oranges. Bergamot is inspiring to the creative process. *Quick Tip: Diffuse 18 drops to create an uplifting atmosphere.*

BLOOD ORANGE (*Citrus sinensis*) Cold expressed from fresh blood orange fruits in Italy. The tangy aroma is refreshing and cleansing in home and body care applications. *Quick Tip: Blend 24 drops with 2 fl oz water for a refreshing room spray.*

CAJEPUT (*Melaleuca cajuputi*) Distilled from the freshly trimmed branches and leaves in Vietnam. The spicy, leafy aroma energizes the body's capabilities. *Quick Tip: Whip together 48 drops and 4 fl oz coconut oil for a body balm.*

CARDAMOM (*Elettaria cardamomum*) Certified Well Earth to support the grower community in Guatemala. The spicy, warming aroma is soothing in a body massage. *Quick Tip: Blend 24 drops with 2 fl oz grapeseed oil for a massage oil.*

CINNAMON LEAF (*Cinnamomum verum*) Distilled from the fresh leaves of the true, verum species of cinnamon in Sri Lanka. The fresh, spicy scent is revitalizing in uncomfortable airspaces. *Quick Tip: Blend 24 drops with 2 fl oz water for an air freshener.*

CITRONELLA (*Cymbopogon nardus*) Sri Lankan-grown Ceylon type distilled from the full plant. The fresh lemon-like aroma is protecting during summertime activities. *Quick Tip: Diffuse 18 drops to create a protected airspace.*

CLARY SAGE (*Salvia sclarea*) Sourced from a co-op, Aura Cacia clary sage provides an herbal, floral aroma. Balancing during life changes. *Quick Tip: Blend 24 drops with 2 fl oz water for a balancing body spray.*

CLOVE BUD (*Syzygium aromaticum*) Distilled from the whole dried flower buds in Indonesia. The spicy, familiar aroma is especially comforting as a diffusion. *Quick Tip: Toss 72 drops with ½ cup coarse salt for a tabletop diffusion.*

COPAIBA (*Copaifera officinalis*) Extracted from the renewably tapped tree bark balsam in Brazil. The vanilla-like aroma is purifying when you want to clear the air. *Quick Tip: Blend 48 drops with 4 fl oz unscented liquid soap for a cleanser.*

CYPRESS (*Cupressus sempervirens*) Distilled from the branches and needles in Morocco. The clean, evergreen scent is encouraging to strengthen your spirits. *Quick Tip: Diffuse 18 drops to brace the spirit.*

EUCALYPTUS (*Eucalyptus radiata*) Australian radiata species with a less camphor-like and more leafy-fresh aroma. Use this eucalyptus for clearing your sense of breath. *Quick Tip: Mix 24 drops with 2 fl oz water for a room spray.*

FRANKINCENSE (*Boswellia sacra*) From Grade-A resin, sustainably harvested from wild-growing trees in Somalia. The balsamic aroma is restoring to your sense of well-being. *Quick Tip: Blend 2 drops with 1 teaspoon jojoba oil for a temple massage.*

GERANIUM (*Pelargonium graveolens*) This Egyptian Geranium is distilled from the leaves and stems. The balancing aroma is suited for body care. *Quick Tip: Blend 12 drops with 1 fl oz Organic macadamia oil for a facial care oil.*



CARDAMOM & EUCALYPTUS BODY RUB

INGREDIENTS

- 2 fl. oz. sweet almond oil
- 2 fl. oz. shea nut oil
- 12 drops cardamom essential oil
- 12 drops eucalyptus essential oil
- 4-ounce amber glass bottle

DIRECTIONS

1. In bottle, combine essential oils.
2. Top off with sweet almond and shea oils, replace cap and shake until well-blended.
3. To use, massage into clean skin.

GRAPEFRUIT (*Citrus paradisi*) Expressed from the fresh fruit peels of US-grown organic grapefruit. The fresh, tangy scent is revitalizing when you feel drained. *Quick Tip:* Mix 24 drops in 4 tablespoons baking soda for a scrubbing powder.

HOLY BASIL (*Ocimum sanctum*) Distilled from the fresh leaves in India where this basil is most revered. The herbal aroma is comforting during emotional crises. *Quick Tip:* Whip together 24 drops and 4 fl oz coconut oil for a body butter.

LAVENDER (*Lavandula angustifolia*) This Bulgarian-sourced lavender is distilled from the flowers picked at peak bloom. The floral-herbal aroma is relaxing when you feel edgy. *Quick Tip:* Toss 72 drops with ½ cup coarse salt for a nightstand diffusion.

LAVENDER, FRENCH (*Lavandula angustifolia*) Grown and distilled in France, with its long history of lavender cultivation. The floral aroma is calming when you're awake. *Quick Tip:* Blend 24 drops with 2 fl oz water for a room and body spray.

LAVENDER, SPIKE (*Lavandula latifolia*) Our spike lavender is cineole- and camphor-rich, and grown and distilled in Spain. Use the spicy, herbal aroma for soothing constrained physicality. *Quick Tip:* After workout, blend 12 drops with 1 fl oz skin care oil for a massage oil.

LEMON (*Citrus limon*) Cold pressed from rinds of Italian-grown lemons in the mild Mediterranean climate. Use this lemon for renewing your personal space. *Quick Tip:* Toss 72 drops with ½ cup coarse salt for a tabletop diffusion.

LEMON EUCALYPTUS (*Corymbia citriodora*) The citriodora species, grown and distilled from the fresh leaves in Brazil and Madagascar. The lemony, citronella-like aroma is protecting during summertime activities. *Quick Tip:* Mix 24 drops with 2 fl oz Grapeseed Oil for a skin oil.

LEMONGRASS (*Cymbopogon flexuosus*) Grown in- and distilled from the fresh leaves in India. The lemon-like aroma is revitalizing in stagnant spaces. *Quick Tip:* Diffuse 18 drops to revitalize your airspace.

LIME, DISTILLED (*Citrus aurantifolia*) Distilled in Sri Lanka to exclude furocoumarin compounds for body care suitability. Distilled lime is uplifting for drained spirits. *Quick Tip:* Blend 48 drops with 4 fl oz jojoba for a body oil.

MYRRH (*Commiphora myrrha*) Derived from the oleo-gum-resin of sustainably tapped trees in Somaliland. The balsamic aroma is centering in chaotic conditions. *Quick Tip:* Blend 48 drops with 4 fl oz sweet almond oil for a massage oil.

MYRRH & TEA TREE BODY SCRUB



INGREDIENTS

- 4 ½ tablespoons sugar
- 3 ½ tablespoons sweet almond oil
- 24 drops myrrh essential oil
- 24 drops tea tree essential oil
- 4-ounce amber glass wide-mouth jar

DIRECTIONS

1. In jar, combine all ingredients. Stir until well mixed.
2. To use, massage into skin. Rinse with warm water and towel dry.

ORANGE, SWEET (*Citrus sinensis*) Recovered from the fresh peels during the juicing process of organic oranges. Use the fruity scent for refreshing your home and space. *Quick Tip: Freshen household drains with 2 to 3 drops.*

OREGANO (*Origanum vulgare*) Grown in Hungarian fields and distilled from the leaves and flowering tops. The spicy, herbal scent is purifying for your sense of well-being. *Quick Tip: Mix 12 drops with 2 fl oz water for a room spray.*

PATCHOULI (*Pogostemon cablin*) This patchouli is Fair for Life Fair Trade certified and grown on sustainable plantations in Madagascar. The balancing aroma works well in body care applications. *Quick Tip: Blend 2 drops with 1 teaspoon jojoba and dab onto pulse points.*

PEPPERMINT (*Mentha piperita*) This peppermint is sourced from organic fields in India and features a well-liked aroma. Use the minty scent to create a cooling sensation. *Quick Tip: Massage 2 drops with 1 teaspoon jojoba into temples.*

PINE (*Pinus sylvestris*) Distilled from the branches and needles of Scots pine in France. Use the fresh, evergreen scent for strengthening the spirit with resolve. *Quick Tip: Blend 12 drops with 1 fl oz grapeseed oil for a warming rub.*

ROSEMARY (*Rosmarinus officinalis*) Moroccan-sourced and Well Earth certified to help the grower community. Use this rosemary's activating aroma for purifying applications. *Quick Tip:* Mix 24 drops with 2 fl oz coconut oil for a chest rub.

ROSEMARY VERBENONE (*Rosmarinus officinalis*) This South African 'verbenone' variety of rosemary has a softer, less-intense, camphor-like aroma. Claryifying for muddled thinking and sluggish states. *Quick Tip:* Blend 24 drops with 2 fl oz grapeseed oil for a massage oil.

SWEET MARJORAM (*Origanum majorana*) Grown in Egypt, organic sweet marjoram is a soft, herbal alternative to lavender. The aroma is calming during agitated episodes. *Quick Tip:* Place 18 drops in a room diffuser for a calm atmosphere.

TEA TREE (*Melaleuca alternifolia*) Distilled from trimmed branches and leaves on a family-run farm in Australia. Tea tree's spicy, powerful aroma is purifying throughout your day. *Quick Tip:* Mix 24 drops with 2 fl oz water for a room spray.

VETIVER (*Vetiveria zizanioides*) Distilled from carefully dug, washed and dried roots on the island of Madagascar. Vetiver is grounding for the overactive spirit. *Quick Tip:* Diffuse 18 drops to create a stabilizing atmosphere.

FRENCH LAVENDER & PEPPERMINT BODY SOAP



INGREDIENTS

- 4 fl. oz. unscented liquid soap
- 12 drops French lavender essential oil
- 12 drops peppermint essential oil
- 4-ounce amber glass bottle

DIRECTIONS

1. Into bottle, combine all ingredients, replace cap and shake until well blended.
2. To use, dispense 1 tablespoon into palm, washcloth or sponge, work into lather on skin and rinse.

YLANG YLANG III & BLOOD ORANGE ROLL-ON



INGREDIENTS

- 2 teaspoons jojoba oil
- 2 drops ylang ylang III essential oil
- 2 drops blood orange essential oil
- .31-ounce amber glass roll-on bottle

DIRECTIONS

1. Into bottle, measure essential oils, top off with jojoba, replace roll-on fitment cap and shake until well blended.
2. To use, roll onto skin over pulse points.

YLANG YLANG COMPLETE (*Cananga odorata*)

“Complete” oil, from Madagascar, contains the entire distillation from start until the flowers are exhausted. The exotic, floral aroma provides balancing aromatherapy for skin. *Quick Tip: Blend 8 drops with 2 fl oz grapeseed oil for a body oil.*

YLANG YLANG III (*Cananga odorata*)

Madagascar-sourced and Well Earth certified to help the grower community. The exotic, floral aroma is soothing to upset feelings. *Quick Tip: Blend 18 drops with 4 fl oz jojoba for a body oil.*





ROSEMARY VERBENONE & SWEET ORANGE CARPET REFRESHING POWDER

INGREDIENTS

8 tablespoons baking soda

½ teaspoon rosemary
verbenone essential oil

½ teaspoon sweet orange
essential oil

4-ounce amber glass wide-
mouth jar

DIRECTIONS

1. In a mixing bowl,
combine all ingredients,
toss with a fork until well
mixed and transfer to jar.

2. To use, sprinkle powder
evenly over carpet, allow
to sit for 10 minutes, then
vacuum.



AURA CACIA®

ORGANIC SKIN CARE OILS

Also known as carriers for essential oils, organic skin care oils are extracted from nuts and seeds. Essential oils may be safely diluted into them to create aromatherapy massage oils and body care applications.



ORGANIC SKIN CARE OILS

ARGAN
(*Argania spinosa*)

BAOBAB
(*Adansonia digitata*)

CASTOR
(*Ricinus communis*)

COCOA BUTTER
(*Theobroma cacao*)



COCONUT OIL
(*Cocos nucifera*)



HEMP SEED
(*Cannabis sativa*)

JOJOBA
(*Simmondsia chinensis*)



ORGANIC SKIN CARE OILS

MACADAMIA
(*Macadamia ternifolia*)

ROSEHIP
(*Rosa canina*)

SHEA BUTTER
(*Butyrospermum parkii*)



SHEA NUT OIL
(*Butyrospermum parkii*)

SWEET ALMOND
(*Prunus amygdalus dulcis*)

TAMANU
(*Calophyllum Inophyllum*)

VEGETABLE GLYCERIN





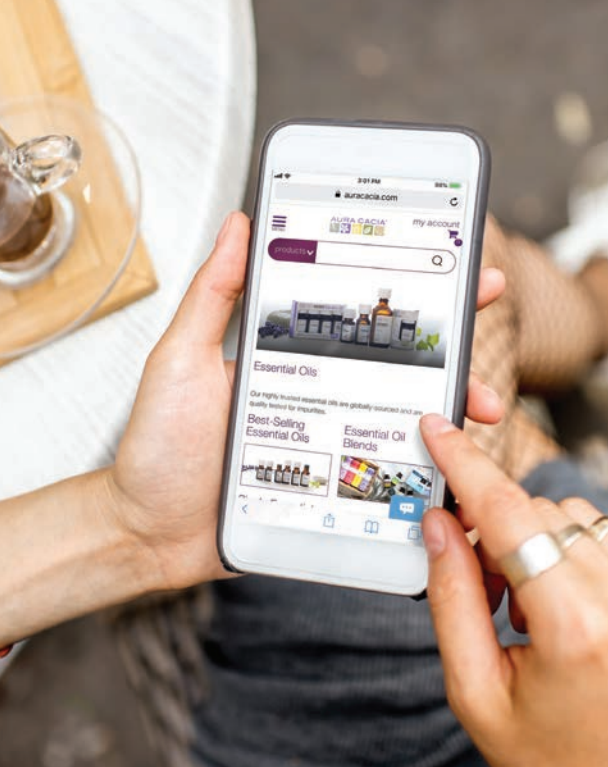


AT AURA CACIA, WE ARE INSPIRED BY THE POWER OF POSITIVE CHANGE.

Our Positive Change Project is an annual program to support organizations that are helping women of courage and determination to better their lives. Since 2016, the Positive Change Project has provided nearly \$1 million in grants to organizations across the U.S. – helping nearly 5,000 women.

Supporting organizations that partner with women and girls actively working to positively transform their lives is central to the goal of the Positive Change Project and to the mission of Aura Cacia.

- **Catherine McAuley Center** in Cedar Rapids, IA helping homeless women regain stability and build resiliency through transitional housing, education and supportive services.
- **Lotus House Women's Shelter** in Miami seeking to improve the lives of homeless women, youth and children by providing a working classroom kitchen and culinary education program to train women how to budget for and prepare nutritious food. The program also provides job readiness training that positions participants for jobs in the food service and retail industries.
- **Resonance Center** in Tulsa, Oklahoma helps criminal justice-involved women rebuild their lives, becoming clean and sober, employed and role models for their children.
- **Women's Empowerment** in Sacramento, California educates and empowers women, who are homeless, with the skills and confidence necessary to secure a job, create a healthy lifestyle, and regain a home for themselves and their children.
- **Downtown Women's Center** in Los Angeles, California works to end women's homelessness in greater LA through housing, wellness, employment, and advocacy.
- **Ana Marie's Alliance** in St. Cloud, Minnesota provides a safe place for victims of domestic abuse to achieve systems changes that reduce violence. Vision is to create a community where violence is not tolerated.



Aura Cacia essential oils, skin oils and more are made from simple and pure botanical ingredients to unlock nature's ability to elevate every day.

For usage tips, recipes, and more on the Positive Change Project, go to auracacia.com.

