



## SLEEP NOW

rest up  
rise fresh  
shine true

Have a deep restorative sleep, and wake up ready to take on new challenges, and let your light shine all day!

Amber, Linden Blossom, Benzoin, Bergamot, Clary Sage, Chamomile, Vetiver, Jojoba Oil. See label.\*



## INHALE

Available in: Abundance, GOYA, Stillness, Surrender, Celebrate, Sassy, Energy, Love, Spirit, Clear Head, and Destiny.



## ROLL ON

Available in: GOYA, Surrender, and Sleep Now.

**Epsom Salt (Magnesium Sulphate)** baths can increase the availability of glucose in the blood, muscles, and brain, while reducing the accumulation of lactic acid in the muscles. They can also support the brain to induce sleep and reduce stress. Our Epsom Salt is infused with a powerful blend of essential oils: **Kunzea** calms inflammation and congestion, **Black Pepper** removes toxins, **Eucalyptus** boosts circulation, while **Ginger** warms the skin and eases inflammation.

Add 1 cup to a warm bath. External use on unbroken skin only. Avoid contact with eyes. Discontinue if irritation occurs. Store below 25°C.

## RECOVERY MUSCLE SOAK

feel tension drift away with a warm soak in an epsom salt bath, infused with pure essential oils.



we crafted this all-natural range to support your body + mind, in all stages of life. our approach is grounded in scientific expertise + 40 years of combined remedial massage experience.

We are an Australian, female, family-owned wellness brand – dedicated to creating high-quality, effective products designed to improve movement, comfort, and mental clarity.

Our customers and therapists simply love our products – and we just know you'll feel awakened, inspired and aligned too.

♥ Kelly + Nicole

CO-FOUNDERS + SISTERS

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# soothe your good self

with science + nature



au™

abundance  
UNLIMITED







our signature massage balm is beautifully nourishing + naturally therapeutic – to keep your body moving.

## MOVE YOUR BODY BALM

**Castor Oil** is known for its anti-inflammatory properties, which relieves pain in joints and muscles, and helps to increase blood flow.

**Birch Oil** has been used for ions as an anti-inflammatory. Its salicylic acid and methyl salicylate have beneficial, cortisone-like qualities.

**Coconut Oil** is anti-fungal, anti-bacterial and hydrating. Massaging with coconut oil can soothe tight muscles, without staining your fabric!

**Magnesium Oil** boosts tissue recovery, reduces pain and inflammation, while improving tendon and ligament flexibility. Goodbye muscle cramps and spasms!

**Black Pepper** is an ancient anti-arthritis, anti-rheumatic oil which boosts circulation and fights toxins like uric acid.

**Eucalyptus Radiata** soothes pain by enhancing circulation and lowering congestion.

**Ginger** has anti-inflammatory benefits for arthritis, and a warming effect on the skin.

**Basil** is reputed to ease minor skin irritations, cramps, muscular and joint aches, pains and spasms.

**Bergamot** contains linalool and carvacrol, which can have analgesic and anti-inflammatory capabilities when applied to skin.

many customers say it also soothes their mozzie + midgee bites!

**Spike Lavendar** contains more camphor than regular ol' lavender oil, offering a stronger analgesic effect. This may help ease the discomfort of arthritis.

**Cinnamon Leaf** has indicated antibacterial and antifungal properties in studies. It has a reputation of alleviating pesky aches, pains, and stiffness – while enhancing circulation.

**How to Use** Rub a small amount of balm onto the affected area as needed. Due to changes in temperature, some granulation, and colour variation of the beeswax may occur. This does not alter the effectiveness of the balm, and the granules will smooth out during use.

**Heads Up** External use on unbroken skin only. Do not use if pregnant or likely to become pregnant. Do not use on children aged 6 and under. May increase sensitivity to sunlight, avoid prolonged exposure in the sun. Discontinue use if irritation occurs. Store below 25°C.

## ESSENTIAL OIL BLENDS



### ABUNDANCE

create wealth + fulfilment

Upgrade your thoughts from lack and want, into the energy of opportunity: attract true wealth, joy and fulfilment.

Australian Sweet Orange, Pine, Patchouli, Holy Basil, Peru Balsam, Clove, Cinnamon Leaf. See label for details.<sup>1\*</sup>



### GOYA

get off your ass

Take charge of prospects, quit the excuses and rank progress over perfection. Feel a boost to your focus, self worth and belief.

Mandarin, Rosemary, White Grapefruit, Spearmint, Pine Needle, Honey Myrtle. See label for details.<sup>1\*</sup>



### STILLNESS

courage + strength

Feel the courage to sit with unpleasant thoughts; be kind to yourself; feel safe, open and empowered in this space.

Oakmoss, Patchouli, Cedarwood, Ginger, Black Spruce, Scotch Pine, Damask Rose, and Jojoba Oil. See label for details.<sup>1\*</sup>



### SURRENDER

let go of resistance

Release resistance, fear and indecision; feel limitations dissolve as you surrender to your truest, most joyous desires.

Virginian Cedarwood, Australian Sandalwood, Black Spruce, Scotch Pine, Amber, and Jojoba Oil. See label for details.<sup>1\*</sup>



### FURBABY

settle nervous tension

Create a calming and peaceful atmosphere for your furbaby. Suitable for humans too, no matter how furry.

Frankincense, Chamomile, Lavender, and Jojoba Oil. See label for details.<sup>1\*</sup>



### CELEBRATE

spiritual growth

Feel deep gratitude for all the love, joy, pleasure, as well as pain, life has offered you. Celebrate your one precious life!

Elemi, Sweet Australian Orange, Linden Blossom, Bergamot, Mandarin, Cedarwood, Patchouli, Sweet Fennel, Jojoba Oil. See label for details.<sup>1\*</sup>

<sup>1</sup> Not suitable for topical use whilst pregnant/breastfeeding. <sup>\*</sup> Keep out of reach of children. Avoid contact with eyes. Do not use neat on the skin. Do not ingest. Our EO blends have been designed to enhance key aspects of life. They are not intended to replace or provide medical or healthcare advice.



### SASSY

physical health + vitality

Be inspired to think with positivity about your health and body – because you are simply magnificent!

Featuring: Australian Tangerine, Ylang Ylang, Bergamot, Black Pepper, Ginger, Cedarwood. See label for details.<sup>1\*</sup>



### ENERGY

be the creator

Focus on what you truly want; become the creator you were born to be.

Lemon Eucalyptus, Australian Tangerine, Lemongrass, Peppermint Gum, Rosemary, and Cinnamon Leaf. See label for details.<sup>1\*</sup>



### LOVE

connect deeply

Offer compassion to yourself and others. Enjoy fulfilling, deeper connections.

Damascus Rose, Jasmine Grandiflorum, Patchouli, Egyptian Geranium, Australian Mandarin, Amyris Wood, Cinnamon Leaf, and Jojoba Oil. See label for details.<sup>1\*</sup>



### SPIRIT

compassion + resilience

Allow fear, stress and worry melt away; open your heart and respond to life with compassion and resilience.

Rose Geranium, Rosewood, Jasmine Grandiflorum, Organic Lavender, Australian Lemon, and Jojoba Oil. See label for details.<sup>1\*</sup>



### CLEAR HEAD

refresh + revive

Refresh your senses and revitalise your day; perfect when you need a moment of clarity and comfort.

Kunzea, Peppermint, Cornmint, Ginger, Eucalyptus, Black Pepper. See label for details.<sup>1\*</sup>



### DESTINY

follow your dreams

Invest your time delighting in things that bring you joy. Invite fresh opportunities to inspire you – for anything is possible!

Petitgrain, Organic Lavender, Rose Wood, Vetiver, Frankincense, Australian Lime. See label for details.<sup>1\*</sup>