



Essential Oils

Many countries around the world have strong traditions of using plant extract and herbal compresses. Whilst a number of these have been preserved, it is modern techniques which have allowed us to garner the pure essence of the plant, in turn, unlocking the full range of their wellness properties. **Essential oils** are now commonplace in our lives, we see them available in virtually all health stores and aromatherapy has created an ever-popular range of new treatments.

By definition, an **essential oil** is an aromatic, volatile liquid, found within many plants. Steam distillation is typically used to capture this highly concentrated 'essence' in the form that we're used to seeing. To put this concentration in perspective, it takes around 5kg of lavender to create one bottle (15ml) of essential oil.

Saakalya 
TRAVEL

APRIL

24th – 26th

Your Balanced Wellbeing

Bali, Indonesia

MAY

8th – 10th

Your Balanced Wellbeing

Bali, Indonesia

15th – 17th

Your Indulgent Culinary

Masterclass

Bali, Indonesia

With an abundance of complex chemical compounds, essential oils hold a variety of properties that lend themselves to the wellness world. These physical attributes have known healing properties and are famously used in the practice of aromatherapy. From physical anti-septic, circulation and digestive aids to psychological treatments for stress, anxiety and focus, oils prove their worth time and again. More than treatments, they provide a special atmosphere, a rich, enveloping serenity to any interior.

Lavender Oil

About: Lavender is a calming, relaxing and balancing aroma, known for both physical and mental wellbeing.

Uses: Promotes healing, anti-septic, anti-inflammatory, reduces cholesterol, skin conditions.

Application: 2 – 4 drops directly on location or use a diffuser/oil burner to fragrance the air.

Lemon Oil

About: Like other citrus fruit, Lemon Oil is cold pressed to extract its essence. It has a punchy vibrant aroma that provides clarity of thought.

Uses: Lemon Oil is incredibly adaptable and its uses range from skin conditions, immune stimulant and memory booster to cleaning, flavoring and air fresheners.

Application: Diffuse into their air with an oil burner or apply directly after diluting with vegetable oil (in a 1:1 ratio).

15th – 17th

Your Artistic Identity

Bali, Indonesia

22nd – 24th

Your Balanced Wellbeing

Bali, Indonesia

JUNE

5th – 7th

Your Artistic Identity

Bali, Indonesia

JULY

3rd – 5th

Your Indulgent Culinary

Masterclass

Bali, Indonesia

News from Saakalya

Oil Burner Trang

When water with a few drops of essential oils is gently heated in our **electric oil burner**, complex and wholesome fragrance fills the air. The **oil burner** also works with our aroma stones **Rayong** which are available from the **Saakalya Collection** in both Lemongrass and Lavender scents.



Homemade organic balms

A selection of evocative oils are present in our new balms. Currently available in Lemongrass and Ginger, which soothes tired muscles and Lavender and Orange – an intoxicating aroma to excite the senses. Handmade from virgin coconut oil these can be applied directly to the

body to help relax and indulge.

Thursdays@Saakalya

23rd April 2015: An evening of relaxing and amazing smells - indulge in the world of essentials oils. For more details, please click [here](#).

Namaste,

Your Saakalya Team

