

Sensual Bliss

.... but I can tell you that it contains a delicious sensous blend of the following 100% essential oils:

Clary Sage, Neroli, Patchouli, Sandalwood and Ylang Ylang.

This blend is magnificent for sensual massage (your partner will thank you for a foot or body massage with this wonderful portion) and will create a space for romance if used in Vaporiser prior to and during a champagne dinner.

Methods for use:

Massage

Use no more than 10 drops of essential oil to 20ml of carrier oil (Sweet Almond). A blend can have the combination of several essential oils, 3 different essential oils is a good balance. But the total drops of the essential oils should be no more than 10 drops. (The above dilution is 2 ½% ie the drops equal half the carrier oil).

Bath

Add 5 to 10 drops of essential oil to a full bath and agitate to disperse.

Vaporiser

Place 5 to 8 drops of essential oil on to the top of your Tri Nature vaporizer dish. If candle vaporisers are used, the oil should be added to water in the vaporizer pan.

Footbaths

Are simple and easy to use, but very effective as the skin on the soles of the feet absorb the essential oils quickly. Add 3 to 4 drops of essential oils in a bowl of hot water.

Essential Oil of Clary Sage, Essential Oil of Neroli, Essential Oil of Patchouli, Essential Oil of Sandalwood, Essential Oil of Ylang Ylang