

Aromatherapy essential oils



Ginger

Ginger can help ease digestive problems. The scent is known for revitalising the body.

Lavender

The ultimate relaxer, lavender is recommended for those who find it difficult to sleep.



Eucalyptus

This oil is known for relieving respiratory congestion, so it can be helpful if you are suffering from a cold.

Lemon

An uplifting and detoxing scent, lemon can help energise you and lift your mood.

