



## An Introduction to Essential Oils & Perfume (Fragrance) Oils

People often refer to essential oils and perfume oils interchangeably because of their similarities. However, their differences are many and significant. **Essential oils** are the **natural chemicals** extracted from the leaves, flowers, stems, roots or bark of plants. **Perfume oils** (also called **fragrance oils**) are almost always **synthetic**; chemists analyze the plants' chemical composition to reproduce a naturally occurring aroma or they create a fragrance that doesn't exist in nature; such as China Rain or Rainbow. Perfume oils lack therapeutic benefits; their only function is that of a fragrance. Essential oils (when properly diluted with a carrier oil) can be worn as a fragrance, however, and perhaps more importantly, they are used in aromatherapy to utilize their therapeutic properties.



## All About Body Time's Perfume Oils

### What Are Body Time's Perfume Oils?

Body Time's Perfume Oils are synthetic fragrances as are perfumes and fragrances found in the marketplace. However, **our alcohol free perfume oils are as much as ten times more concentrated than department store perfumes** and as such should be used sparingly. Commercial perfumes and fragrances combine the oil concentrate with an alcohol solution. The smell of department store perfumes is subject to change as the alcohol evaporates different scent notes. Since Body Time's Perfume Oils are alcohol free, their smell is much more constant and long lasting.

### Cautions

If skin irritation occurs, wash skin with soap and rinse with cool water. Avoid contact with the eyes. If eye contact occurs, flush with cool water. If skin or eye irritation persists, contact your physician. Keep out of reach of children. These fragrances may stain clothing or other materials if spilled and oil is allowed to dry; wash out spills immediately. Store perfumes in a glass bottle as they may dissolve plastic.

### Shelf Life

When stored out of direct sunlight, Body Time's Perfume Oils last from 3-5 years.

### Uses

Full Strength: Apply just a touch of Perfume Oil to pulse points (the folds in the crook of the elbow and back of knees, wrist, neck, cleavage and behind ears). Our Perfumes do not moisturize the skin and are **NOT for use as an all over body fragrance** (try our water-based spray mist Refresher if you want a fragrance that is safe for your entire body). Even when applied properly (pulse points **ONLY**), they may irritate sensitive skin.

As a Custom Scent: Body Time carries many unscented products that can be custom scented with your choice of Perfume Oil. Choose your product, choose your scent and our staff will do the rest. Body Time has been custom scenting for decades so we know just the right amount of Perfume Oil to add. Customers occasionally question why we won't scent their product strongly per their request. Adding too much fragrance causes the product's properties to breakdown; i.e. lotions become watery or their color may change and bubble baths and body shampoos oftentimes lose some of their foaming action and are more likely to irritate skin.

How to Make Your Own Cologne or Perfume: Create your own cologne using our Perfume and Cologne Base, Spray Atomizer with Cap, 2 oz. Glass Bottle and ¼ oz. bottle of Perfume Oil. Pour the entire ¼ oz. bottle into your empty 2 oz. Bottle and top off with Base. Screw on Atomizer, cover with Cap, shake and you're done!

To mix your own perfume blend, do not add too much at first, especially if it is a strong scent that ends up overpowering a more delicate scent-you can always add more, but you can't take away!

**...our alcohol free perfume oils are as much as ten times more concentrated than department store perfumes and as such should be used sparingly.**



## All About Body Time's Pure Aromatherapy Essential Oils

Body Time's essential oils are earth friendly, oftentimes sustainably produced, aromatic plant essence extracts. Fragrant and mildly antiseptic hydrosols are a by-product of the extraction process and are used in aromatherapy skin care for their rehydrating, toning and cooling effects.

Body Time's pure essential oils contain natural vitamins, antioxidants, antibiotics and antiseptics that deliver positive, therapeutic benefits to relax, calm, soothe, revitalize and refresh both the body and the psyche. Aromatherapy skin care involves the use of essential oils and hydrosols in steams, masks, facials and ointments to relieve conditions including acne and dehydrated skin.

There are four main methods to extract essential oils: steam distillation, cold pressing, carbon dioxide extractions and enfleurage. Steam distillation and cold pressing methods yield liquid essential oils. Carbon dioxide and enfleurage distillation methods yield resins, solids and semi-solids. Perfume oils are always a liquid. Essential oils are much more volatile than perfume oils; they dissolve in alcohol and evaporation dissipates their scents quickly. A drop of pure essential oil on paper disappears without leaving an oily spot. A drop of a fragrance oil on paper, on the other hand, usually leaves an oily residue.

Due to seasonal changes such as climate conditions that effect crop yields, the price of a single essential oil can constantly fluctuate. Additionally, prices vary according to the particular essential oil; i.e. the price of orange essential oil is always lower than the price of neroli essential oil. However, due to the nature of perfume oils, their prices remain steady and comparatively low.

### Cautions:

- Always dilute oils to avoid skin irritations
- Keep away from eyes and mucus membranes
- Keep out of reach of children
- If using on children, reduce essential oil concentration by at least half
- Pregnant women should research essential oils prior to use or better yet, check with your physician
- Citrus oils accelerate sunburn or skin redness during exposure to the sun or hot water

### Shelf Life

We package our highly concentrated essential oils in brown glass to help maintain their therapeutic properties. With the exceptions of citrus and pine, pure essential oils can last several years if kept tightly capped and stored in a cool, dark place.

**Body Time's pure essential oils contain natural vitamins, antioxidants, antibiotics and antiseptics that deliver positive, therapeutic benefits to relax, calm, soothe, revitalize and refresh both the body and the psyche.**



### Uses:

**As a custom scent:** Body Time carries a wide selection of unscented products that can be custom scented with your choice of Essential Oil or Essential Oil Blend. Choose your product, choose your scent and our staff will do the rest. Body Time knows just the right amount of essential oils to add without over scenting. Over scenting causes the product's properties to breakdown (including the therapeutic properties of the essential oils!) and increases the likelihood of skin irritations, especially if a strong Essential Oil such as a citrus or a mint oil is used.

**Inhalations & facial steams:** Add 3-5 drops of essential oils into a non-metal bowl of steaming water. Create a tent over your head with a towel and, with eyes closed, inhale the aromatic vapors.

**In the bath:** Add 12-15 drops of essential oils directly into full tub of bath water. Stir well to distribute evenly or use 2-4 drops of essential oils per ounce of bath oil, bath salts, bubble bath or body shampoo. We recommend against using citrus, clove or mint oils in the bath as they may be irritating.

**Massage, facial & body oils:** Add 3-5 drops of essential oils per ounce of carrier oil. For massage and body oils, try either our Sweet Almond Oil or our Body & Bath Oil. We recommend either our Jojoba Oil or our Vitamin E Oil for facial use.

**For natural perfume:** Add about 25-30 drops of essential oil to 1/4 oz. of jojoba oil. Cap and shake. Test on wrist and add a few more drops of oil if necessary; remember, you can always add more essential oil, but you can't take away.

Body Time  
707 B Heinz Ave  
Berkeley, CA 94710  
Phone (510) 524-0216  
Fax (510) 527-6103  
[www.bodytime.com](http://www.bodytime.com)