



The Petite Guide to Aromatherapy

By Salvatore Battaglia



how would you like to feel today?

The Petite Guide to Aromatherapy is concerned with the use of essential oils for a wide range of health issues. Illness, however, can be highly unpredictable and the best possible expertise should always be consulted. The author and publisher accept no liability for any claims arising from the use of any remedy discussed.

If in doubt about using the essential oils please consult a qualified aromatherapist. It must be stressed that a holistic approach to aromatherapy incorporates a healthy diet, lifestyle and general attitude towards life.

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What is aromatherapy?

Aromatherapy is a pleasant therapy with powerful physiological effects on the body. Essential oils can influence blood pressure, regulate nerve function, aid digestion and many have potent anti-microbial properties.

It is known that essential oils can affect our mental and emotional wellbeing. We often respond to smell emotionally. This is because the olfactory nerves pass directly from the nose to the limbic system, which is the emotional centre of the brain.

What are essential oils?

Crush a leaf of eucalyptus or fresh basil or peppermint, and notice how the aroma permeates the air around you.

Essential oils are natural plant extracts that can be found in the leaves, flowers, seeds, wood, roots and fruit of a plant. It is the essential oil that gives the plant its distinctive aroma.

The cost of an essential oil is usually proportional to the amount of oil present in the plant.

For example did you know that:

- 100kg of eucalyptus are needed to yield 10 litres of oil
- 100kg of lavender flowers are needed to yield 3 litres of oil
- 100kg of roses are needed to yield 100mL of oil

Why organic?

The quality of the essential oils is of utmost importance to practice aromatherapy effectively.

Perfect Potion is pleased to offer a range of the finest quality certified organic essential oils that have been sourced from local and international farmers.

Certified organic oils are produced from plants that are grown and processed without the use of synthetic chemicals, fertilisers or genetically modified organisms (GMO). By choosing to use certified organic essential oils you are caring for the future.

How can I be sure that it is genuine?

The only way to be sure you are purchasing genuine organic products is to look for the Australian Certified Organic (ACO) certification logo. When you see the certification number and logo you know that there is a seamless chain of information following every step in the life of the product – from the farm to you.

Organic certification bodies such as ACO have strict regulations and rigorous site audits to ensure we are supplying consistent quality certified organic ingredients at all times.

ACO also maintains conformance with leading organic standards across the world.



Are certified organic essential oils better?

Once you have tried certified organic essential oils you will return for more – there is an irresistible vibrant quality to these oils that makes them unique.

Grown naturally, the way nature intended, many people claim that organic products are better than non-organic equivalents. Organic farming is a system of agriculture that works with nature rather than against it.

Organic farming means that the plants are grown naturally and in harmony with nature.

This equates to rich healthy nutritious soil which in turn encourages healthy vibrant plants and from these plants, farmers are able to obtain the purest and finest certified organic oils.

Why does it sometimes cost more?

Certified organic essential oils can be more expensive, however this represents the true cost of growing high quality, chemical-free products. Organic farming is often done on a much smaller scale and utilises farm management practices which do not harm the environment and wildlife.

By supporting organics we are securing a better and healthier future for ourselves, our children and our planet.

Some key points to remember when using essential oils

- Always store the essential oils in a cool, dry and dark place away from heat and light.
- Keep your essential oils well sealed.
- Essential oils should be packaged in dark amber glass bottles with restrictive flow devices and tamper evident caps. This is for safety and practical convenience purposes.
- Never store pure essential oils in plastic bottles.
- When blending essential oils use only glass bottles.
- Essential oils will keep for up to 5 years if stored properly. All Perfect Potion oils have an expiry date printed on the label.
- Always purchase genuine essential oils that are 100% pure.

Safety guidelines

There are some precautions that must be followed when using essential oils:

- The oils should be stored out of reach of children.
- Do not take essential oils internally.
- Keep essential oils away from the eyes. If you do accidentally get oil in your eyes, splash immediately with tepid water and seek medical advice if discomfort persists.
- Discontinue the use of essential oils immediately if you suffer an allergic reaction.

The following can be used as a guide to the possible contra-indications that may occur when using essential oils:

pregnancy

Many aromatherapists consider it sensible to avoid the use of the following oils during pregnancy – basil, clary sage, cypress, hyssop, juniper, sweet marjoram, myrrh, nutmeg, pennyroyal, rosemary, sage, thyme.

high blood pressure

Many aromatherapists consider it sensible to avoid the use of the following oils by anyone with hypertension – hyssop, rosemary, thyme, sage.

photosensitivity

The following oils may cause the skin to burn if exposed to strong ultra-violet light from sunlight or a sun bed – bergamot, cold pressed lime, bitter orange, lemon.

skin irritations

The following oils may cause skin irritation to people with sensitive skin. Sensitivity varies from person to person and from oil to oil – basil, lemon, cinnamon bark, clove bud, lemongrass, thyme and tea tree.

How to use essential oils

There are many ways to use essential oils in aromatherapy.

bath

For a full body bath use up to 5 drops of essential oil in a tub of warm water. Foot or hand baths may be prepared by adding 2-3 drops of essential oil to a bowl of warm water.

Add 20 – 30 drops of essential oil to every 100mL of Bath Dispersant Base. Pour two teaspoons of your bath oil into a warm bath and mix to fully disperse. Relax in your bath for up to 20 minutes.

compress

Compresses are very useful for the temporary relief of skin problems, bruises and muscular aches, and for the temporary relief of painful periods. Use 5 drops of essential oil in 200mL of water. Place a cloth in hot or cold water (depending on the condition) and then wring out and lay over affected area. Leave for up to 15 minutes.

diffusion

Create the perfect ambience in your home or workplace by vaporising your favourite essential oil or blend of oils in a vaporiser.

As there are so many different styles of vaporisers it is important to always refer to the instructions that come with the vaporiser before using your essential oils.

massage

Use a 2.5% dilution of the appropriate essential oil to the chosen carrier oil such as cold pressed sweet almond or apricot kernel.

This is equal to approximately 5 drops to every 10mL of carrier oil.

direct inhalation

Add 3-4 drops of essential oil to a handkerchief, hold this near the nose for a few moments and inhale the vapours.

steam inhalation

Add 5-10 drops of essential oil to a bowl of steaming water. Then place a towel over your head and the bowl and inhale the vapours for a few minutes.

The eyes should be kept shut during inhalation. Steam inhalations are a traditional home remedy to ease congestion in the respiratory passage caused by colds, coughs, catarrh and sinusitis.

making an aroma mist

Mix two drops of Essential Oil Solubiliser to every drop of essential oil thoroughly. Slowly add water and shake well. Use 10 drops of each essential oil with 20 drops of Essential Oil Solubiliser and add 50mL of water. Add this mixture to a bottle with a fine mist spray and mist over your face and body as needed. Always be careful not to spray directly into your eyes. The amount of solubiliser needed may vary depending on the oils used.

ingestion

Some aromatherapists and doctors in France recommend internal ingestion of the essential oils under strict supervision. Excellent as essential oils are, I advise people against taking essential oils internally, as the essential oils are highly concentrated and may cause irritation of the gastro-intestinal tract.

Your essential oil kit

Your aromatherapy starter kit contains 8 pure essential oils:

geranium, lavender, lemon,
sweet orange, peppermint, rosemary,
tea tree and ylang ylang

You will also need a vaporiser or oil burner, a carrier oil such as sweet almond oil, a bottle of essential oil solubiliser and empty glass bottles and labels to create your own aromatherapy preparations.



Guide to pure essential oils

Geranium

Pelargonium graveolens

Geranium oil has a rich, herbaceous, leafy and rosy aroma.

Uses: Geranium oil is beneficial during times of stress. It helps to relieve mild anxiety and is also used for the relief of symptoms of premenstrual tension (PMT).

The scent of geranium promotes harmony, self-confidence, balance and a sense of calm.

Skincare: Geranium oil helps to regulate sebum production, making it useful for acne and oily skin.

How to use: bath, compress, diffusion, massage.

Lavender

Lavandula angustifolia

Lavender oil has a sweet, floral, herbaceous and fresh aroma.

Uses: Lavender oil may be used to help relieve insomnia, nervous tension, stress, irritability and mild anxiety. It is also used for the temporary relief of headaches.

The fresh floral scent of lavender promotes calmness, compassion, balance, healing, comfort and relaxation.

Skincare: Lavender oil assists in the treatment of minor skin disorders such as cuts, grazes and minor wounds. It provides temporary relief of sensitive and inflamed skin conditions.

How to use: bath, compress, diffusion, direct inhalation, massage.





Orange, sweet

Citrus sinensis

Sweet orange has a fresh, fruity and citrus aroma.

Uses: Sweet orange oil is used for the relief of stress, nervous tension, mild anxiety and insomnia.

The scent of sweet orange is warming, uplifting and energising. It nourishes the soul, promotes creativity, sensuality and feelings of joy.

Skincare: Sweet orange is used to treat dull and oily skin complexions.

How to use: bath, compress, diffusion, direct inhalation, massage.

Lemon

Citrus limon

Lemon oil has a fresh citrus aroma reminiscent of the fresh peel.

Uses: Lemon oil may be used for the relief of nervous tension, unrest, stress, irritability and mild anxiety.

The fresh citrus scent of lemon is purifying and stimulating. It encourages awareness, clarity of thought and is emotionally invigorating.

Skincare: Lemon oil is used for the treatment of congested, devitalised and oily skin. Its astringent and mild circulatory stimulating properties improves the condition of varicose veins.

How to use: bath, compress, diffusion, direct inhalation, massage.





Peppermint

Mentha piperita

Peppermint oil has a strong, fresh and minty aroma.

Uses: Peppermint will help to relieve nervous tension and the stress of study or work. It is useful as an inhalation for the relief of nasal congestion and sinusitis. The oil is also useful for the relief of digestive problems such as indigestion and flatulence.

The fresh scent of peppermint promotes vitality, positivity, clear thinking and improves concentration.

How to use: compress, diffusion, direct and steam inhalation, massage.

Rosemary

Rosmarinus officinalis

Rosemary oil has a strong, fresh, woody-herbaceous aroma.

Uses: Rosemary oil is useful for the relief of headaches, arthritis, rheumatism and muscular aches and pain. It can be used as an inhalation for the relief of respiratory problems such as coughs and colds, flu, sinusitis and mucous congestion.

The fresh scent of rosemary oil is strengthening and invigorating. It may be used to promote mental clarity.

Skincare: It is valuable for the maintenance of healthy hair and scalp.

How to use: bath, compress, diffusion, direct inhalation, massage.





Tea tree

Melaleuca alternifolia

Tea tree oil has a warm, fresh, camphoraceous aroma.

Uses: Tea tree oil can be used as an inhalation for the temporary relief of respiratory problems such as coughs and colds, flu, sinusitis and mucous congestion. The scent of tea tree promotes mental clarity and is cleansing and energising.

Skincare: Tea tree will provide relief from the symptoms of eczema, cold sores, and rashes. It will assist and promote the healing of wounds and minor cuts and soothes insect bites.

How to use: bath, compress, diffusion, direct and steam inhalation, massage.

Ylang ylang

Cananga odorata

Ylang ylang oil has an intense sweet floral aroma.

Uses: Ylang ylang may be used to relieve nervous tension, stress, irritability and mild anxiety.

The sweet, exotic floral scent of ylang ylang is passionate, sensuous and uplifting. It promotes self-confidence and feelings of peace.

Skincare: Ylang ylang has a balancing effect on sebum production. This makes it suitable for both oily and dry skin types.

How to use: bath, compress, diffusion, direct inhalation, massage.



Aromatherapy blends

The recipes in this booklet are intended as a guide only. One of the greatest pleasures in aromatherapy is creating your own personal blends. Experiment with essential oils that you like and study their properties. This will give you the confidence to create your own aromatherapy blends to enhance your wellbeing.

Anxiety

Whenever you feel apprehensive and anxious this blend will help to soothe and calm your emotions.

geranium – 2 drops
lavender – 2 drops
ylang ylang – 1 drop

Anti-viral

These oils are well known for their purifying and antimicrobial properties. Vaporise this blend when you feel you are coming down with a flu.

lemon – 3 drops
tea tree – 2 drops

Motivation

This uplifting, fresh and vibrant blend will stimulate you into action when your energy level and motivation is low.

lemon – 2 drops
geranium – 1 drop
sweet orange – 2 drops

Aches & pains

Use this blend for the temporary relief of muscular aches and pains.

rosemary – 3 drops
peppermint – 3 drops
tea tree – 3 drops
lavender – 3 drops
sweet almond oil – 25mL

Cold & flu

This blend will help to alleviate the symptoms of colds and flu. It will also help strengthen your immune system.

tea tree – 2 drops
lemon – 2 drops
lavender – 1 drop

Creativity

This blend will help you unleash your creative energy. These oils will promote clarity of the mind and connect you with your inner creative energy.

- sweet orange – 2 drops
- rosemary – 1 drop
- lemon – 2 drops

Detox

Add this blend to a base oil for massage or add to your bath to help your body promote detoxification.

- geranium – 2 drops
- lemon – 2 drops
- peppermint – 1 drop

Fatigue

This is the perfect combination of essential oils when you are feeling run down and tired. This blend will help to relieve both mental and physical exhaustion.

- lemon – 3 drops
- rosemary – 2 drops

Headache

The essential oils in this blend are well known for their analgesic effect. Use this blend to alleviate the symptoms of headaches and migraines. Massage into the temples and back of neck as required.

- lavender – 3 drops
- peppermint – 3 drop
- sweet almond oil – 10mL

Jet lag

Use this blend of essential oils to help you arrive at your travel destination feeling revitalised and refreshed.

- geranium – 1 drop
- lemon – 2 drops
- peppermint – 2 drops

Meditation

Calm and centre your mind and create a positive space to connect with your higher self.

- lemon – 4 drops
- lavender – 2 drops

Relax

This blend will help you feel relaxed when you are feeling stressed.

sweet orange – 2 drops

geranium – 1 drop

lavender – 2 drops

Sensual

Create an arousing and luxurious atmosphere with this sensual blend. Perfect for an intimate encounter with that special person in your life or use this blend for a massage.

ylang ylang – 2 drops

geranium – 1 drop

sweet orange – 2 drops

Sinus

This blend will help to clear congestion and stuffy sinuses.

tea tree – 2 drops

lavender – 1 drop

peppermint – 2 drops

Study

These uplifting essential oils will promote clarity of mind and help you stay focused. Use this blend when you need to see things clearly. It will help you make better decisions.

rosemary – 1 drop

lemon – 2 drops

peppermint – 2 drops

Sweet dreams

Allow the soothing scent of this blend to promote feelings of calm and promote a restful night's sleep.

lavender – 3 drops

sweet orange – 2 drops

Tranquility

This blend will create a calm and serene atmosphere that will help you feel a sense of inner peace and tranquillity.

lavender – 3 drops

ylang ylang – 2 drops

Uplifting

This blend will fill the room with refreshing and uplifting aromas that will invigorate everyone's spirit.

ylang ylang – 3 drops

sweet orange – 2 drops

Aromatherapy therapeutic index

The following ailments cross-reference list is only a suggested guide to the aromatherapy treatment of common ailments. If in doubt please seek the advice of a professionally trained aromatherapy practitioner.

Detoxification

fennel, geranium, grapefruit, juniper berry, lemon, lime, peppermint, sweet orange, rosemary

Aches and pains

clove bud, eucalyptus, ginger, lavender, lemon, peppermint, rosemary

Acne

bergamot, geranium, grapefruit, lavender, juniper berry, petitgrain, tea tree

Aging skin

frankincense, lavender, myrrh, palmarosa, patchouli, rose otto or absolute

Anger

Roman chamomile, frankincense, geranium, neroli, rose otto, sandalwood, ylang ylang

Anxiety

bergamot, Atlas cedarwood, frankincense, geranium, jasmine absolute, lavender, neroli, rose absolute or rose otto, sweet orange, ylang ylang

Asthma

cypress, frankincense, eucalyptus, lemon, lavender, Roman chamomile, sweet marjoram, peppermint, pine

Arthritis

black pepper, everlasting, lemon, German chamomile, ginger, lavender, juniper berry, sweet marjoram, pine, rosemary

Blood pressure, high

lavender, may chang, sweet marjoram, ylang ylang

Blood pressure, low

ginger, lemon, rosemary

Broken capillaries

German chamomile, cypress, geranium, rose otto

Bronchitis

Atlas cedarwood, everlasting, eucalyptus, frankincense, lemon, peppermint, pine, rosemary, sandalwood, thyme

Bruises

arnica infused oil, black pepper, fennel, geranium, lavender, lemongrass, sweet marjoram

Burns

frankincense, lavender, everlasting, neroli, tea tree

Catarrh

Atlas cedarwood, German chamomile, eucalyptus, frankincense, ginger, lavender, sweet marjoram, peppermint, pine, tea tree

Cellulite

cypress, fennel, grapefruit, geranium, juniper berry, lemon, lime, rosemary, sweet orange

Chapped skin

calendula infused oil, German chamomile, lavender, patchouli, sandalwood

Chilblains

black pepper, lavender, sweet marjoram, rosemary

Circulation, poor

black pepper, eucalyptus, ginger, lemon, sweet marjoram, pine, rosemary, thyme

Colds and flu

cinnamon bark, eucalyptus, ginger, lavender, lemon, peppermint, pine, ravensara, tea tree, thyme

Cold sores

bergamot, German chamomile, lavender, ravenara, rose otto, tea tree

Colic

Roman chamomile, fennel, ginger, lavender, sweet marjoram, peppermint

Congested skin

geranium, juniper berry, lavender, lemon

Constipation

black pepper, fennel, sweet marjoram, sweet orange, peppermint

Coughs

Atlas cedarwood, clary sage, eucalyptus, everlasting, frankincense, ginger, pine, sandalwood, thyme

Cracked skin

calendula infused oil, lavender, patchouli

Cuts and abrasions

calendula infused oil, lavender, lemon, tea tree

Dermatitis

bergamot, calendula infused oil, German chamomile, juniper berry, lavender, patchouli, sandalwood

Eczema

bergamot, carrot seed, calendula infused oil, German or Roman chamomile, everlasting, juniper berry, lavender, myrrh, patchouli, sandalwood

Fever

eucalyptus, ginger, peppermint

Flatulence

black pepper, geranium, German and Roman chamomile, fennel, ginger, sweet majoram, mandarin, sweet orange, peppermint

Fluid retention

cypress, fennel, geranium, grapefruit, juniper berry, lime, mandarin, sweet orange, rosemary

Hayfever

eucalyptus, peppermint, pine, tea tree

Headache

Roman chamomile, eucalyptus, lavender, sweet marjoram, peppermint, rosemary

Indigestion

black pepper, German or Roman chamomile, fennel, ginger, lemongrass, lime, sweet marjoram, mandarin, sweet orange, peppermint, petitgrain, rosemary

Insomnia

Roman chamomile, lavender, sweet marjoram, mandarin, neroli, sweet orange, petitgrain, sandalwood, vetiver

Insect repellent

basil, Atlas cedarwood, citronella, eucalyptus, geranium, lavender, lemon myrtle, peppermint, tea tree

Jet lag

peppermint, geranium, lemon

Mature skin

frankincense, lavender, jasmine, mandarin, neroli, palmarosa, patchouli, rose absolute or rose otto, sandalwood

Menopause

cypress, fennel, geranium, lavender, rose otto and absolute, vetiver

Menstrual pain

Roman chamomile, clary sage, lavender, sweet marjoram, rose absolute or rose otto

Muscular aches and pains

black pepper, eucalyptus, ginger, lavender, juniper berry, sweet marjoram, peppermint, pine, rosemary, thyme

Nappy rash

calendula infused oil, German chamomile, lavender

Nausea

black pepper, fennel, ginger, nutmeg, peppermint

Nervous exhaustion

basil, cinnamon bark, eucalyptus, ginger, grapefruit, lemongrass, lemon, lemon myrtle, lime, may chang, peppermint, pine, rosemary, vetiver

Oily skin

bergamot, cypress, geranium, grapefruit, juniper berry, lavender, lemon, may chang, mandarin, sweet orange, palmarosa, patchouli, petitgrain, rosemary, tangerine, tea tree, ylang ylang

Perspiration, excessive

cypress, petitgrain

Premenstrual tension

bergamot, German or Roman chamomile, clary sage, geranium, lavender, sweet marjoram, neroli, rose absolute or rose otto

Psoriasis

calendula infused oil, German chamomile, everlasting, lavender, sandalwood

Rashes

calendula infused oil, German chamomile, everlasting, lavender

Rheumatism

black pepper, clove bud, German chamomile, everlasting, ginger, juniper berry, lavender, lemon, sweet marjoram, peppermint, pine, rosemary, thyme

Scars

frankincense, lavender, mandarin, neroli, sandalwood

Sensitive skin

calendula infused oil, German chamomile, everlasting, lavender, neroli, sandalwood

Sinusitis

Atlas cedarwood, everlasting, eucalyptus, ginger, peppermint, pine, rosemary, thyme

Sprains

arnica infused oil, black pepper, eucalyptus, sweet marjoram

Stress and tension

basil, bergamot, Virginian cedarwood, Roman chamomile, clary sage, frankincense, geranium, grapefruit, jasmine absolute, lavender, mandarin, may chang, neroli, orange, palmarosa, patchouli, petitgrain, rose absolute or rose otto, sandalwood, vetiver, ylang ylang

Sunburn

German chamomile, lavender, peppermint

Tinea

patchouli, tea tree

Tired and aching muscles

black pepper, ginger, lavender, lemongrass, sweet marjoram, pine, rosemary

Varicose veins

lemon, cypress, calendula infused oil, geranium

Wounds

calendula infused oil, everlasting, frankincense, lavender, lemon, tea tree

Recommended reading

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Perfect Potion is pleased to offer you the finest and purest Certified Organic Essential Oil Range. You can purchase our extensive range of pure essential oils from any Perfect Potion store or visit **www.perfectpotion.com.au**

We are dedicated to assisting people in making informed choices about their health and wellbeing through an engaging and knowledgeable team, our educational workshops and our publications.

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