



HERBAL PRODUCTS

The products appearing in this catalog occur in the international literature and are utilized in medicine, both conventional and alternative. Their manufacture conforms to international standards and comprehends herbs known to promote human health. Aimed at restoring balance to physical health, our products are practical and easy to use.



Our products constitute a dietary supplement to foodstuffs. Their consumption should not be regarded as a substitute for medication.





For ages, human beings have demonstrated an interest in Nature, and the herbs they have utilized to maintain good health and as remedies are known from ancient works and inscriptions. The idea of “back to Nature” and a return to herbs to sustain health and augment treatment has recently been

gaining momentum. A sound foundation has been created by numerous recent scientific studies that have put forward evidence concerning the properties of herbs and presented quantitative data pertaining to their primary active substances.

Today, the place of herbal products in human health is no longer disputed. There is a general consensus that they form a supplementary and complementary role in protocols for treatment and maintenance of health.

In practice, herbal products, by exerting a gentle and deep-action effect on the natural defense metabolism, can restore a state of sound balance to

health. Herbs that are recommended and utilized under the guidance of experts can offer relief for contemporary health problems.

AWE-CEMRE, along with the Turkish Institute of Scientific and Technical Research, universities, and R & D institutions, is cooperating on development projects and contributing significant advances toward a scientific foundation for the rich herbal resources of Turkey.

New means of communication are being developed for the mutual distribution of scientific data and the sharing of expertise on a scientific platform.

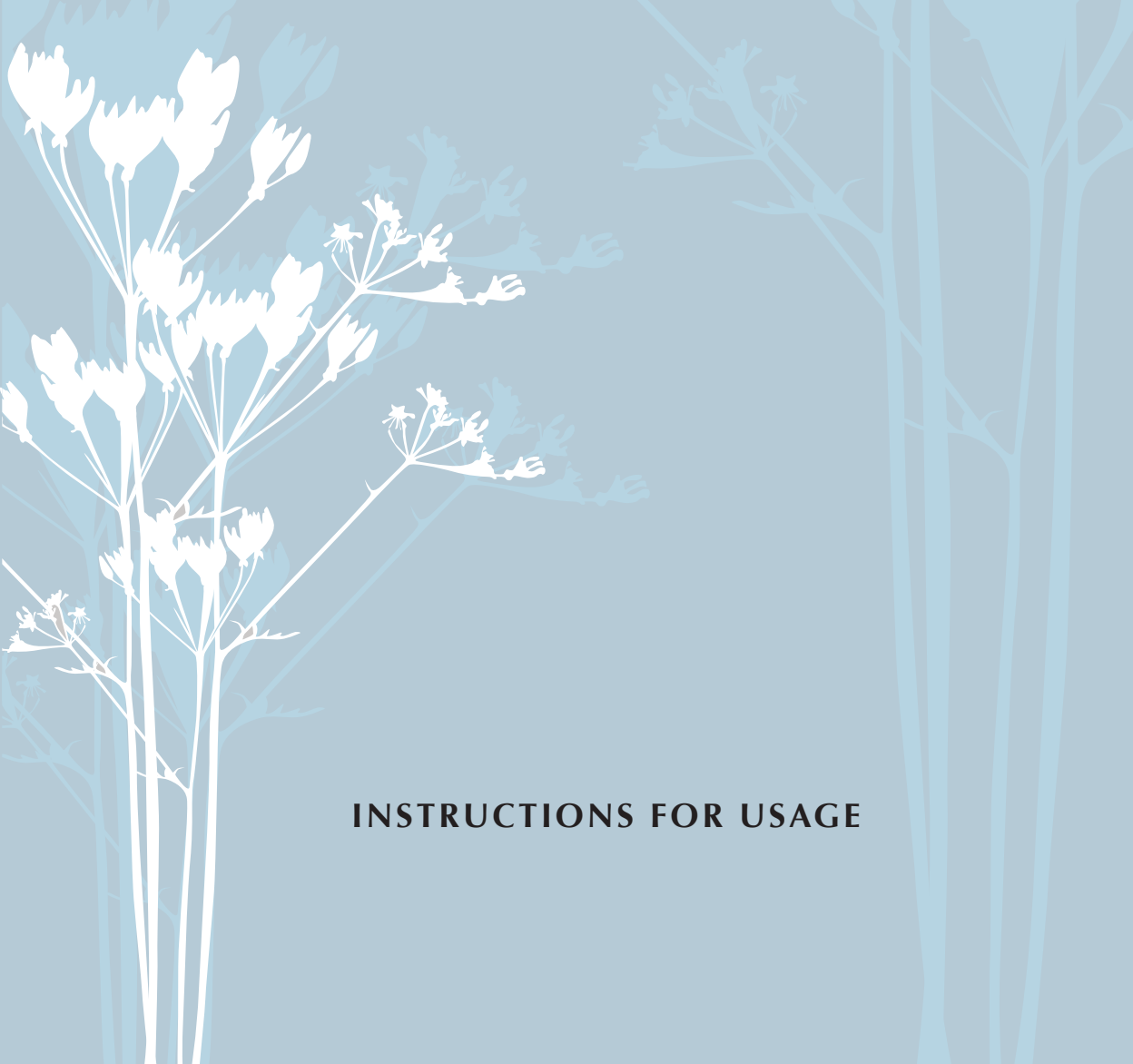
A significant proportion of the herbal products presented to the consumer by AWE-CEMRE is supplied by its own cultivation areas. On these plots, the most suitable conditions for the cultivation of herbs are provided—the best soil, the most appropriate climatic conditions, and the ideal harvest time.



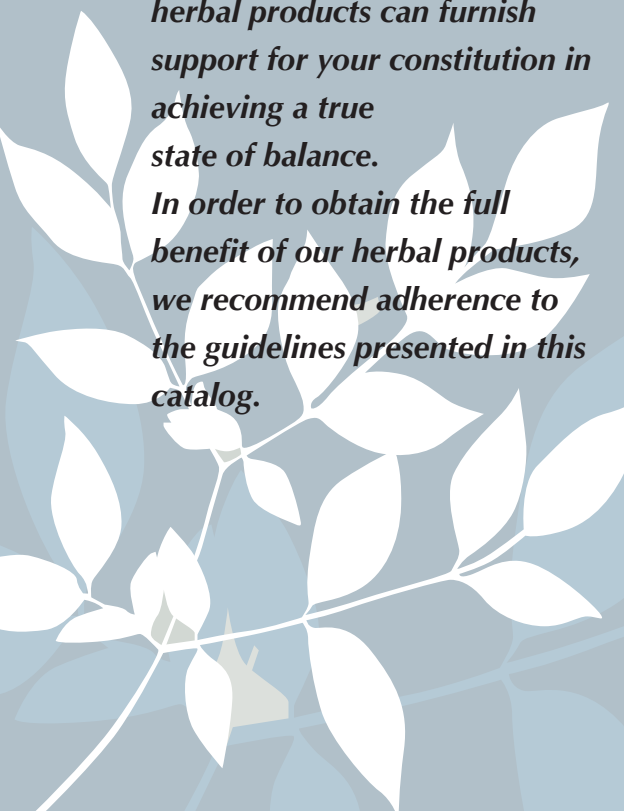
AWE-CEMRE, an international name for quality in herbal products

AWE-CEMRE, a reliable purveyor of a vast variety of foodstuffs, beauty aids, and health products, is marking an expansion in the number of its sales centers. The AWE-CEMRE brand of herbal goods—electuaries, teas, granules, oils, cosmetic creams, and health products—is a name recognized in the sector for reliability and distinction.





INSTRUCTIONS FOR USAGE



By activating the body's natural defense mechanism, AWE Laboratories natural herbal products can furnish support for your constitution in achieving a true state of balance.

In order to obtain the full benefit of our herbal products, we recommend adherence to the guidelines presented in this catalog.

Usage Instructions for AWE Laboratories Herb Packets

INFUSIONS

HOT INFUSIONS:

a) Place the specified quantity of fresh or dried herb in a glass or other nonmetal vessel. Bring water just to the boil and pour over the herb. Steep 3–6 minutes. Strain and serve.

b) After steeping the specified quantity of root in cold water for the recommended period of time; bring to a boil briefly, remove from heat, and steep 3 minutes. The infusion can be placed in a thermos bottle and drunk at intervals throughout the day.

COLD INFUSIONS:

a) Cold infusions:

Since some herbs, like mallow and mistletoe, lose their efficacy in hot water, they must not be boiled or placed in hot water. The infusions of such herbs are prepared in cold water. The herb in the specified amount

is steeped in cold water for 8–12 hours, usually overnight. Then, the liquid is heated to drinking temperature and placed in a thermos bottle that has been preheated by rinsing with hot water.

b) Sequential steeping in cold and hot water: This method is indicated as the best way to release the beneficial properties of herbal remedies. Place the herb in half the amount of cold water specified and steep overnight. Strain the herb and place in the remaining cold water.

Bring to a boil and strain. Now, combine the two infusions. Infusions prepared by this method permits the extraction of those substances that require either hot or cold water, respectively.

BATH

A) Full bath

For a full bath, soak in advance the specified herb in cold water to cover overnight. Two packets of herbs are required. The following day, heat the cold water infusion until warm (but not to the boiling point). Strain and add the infusion to the bathwater.

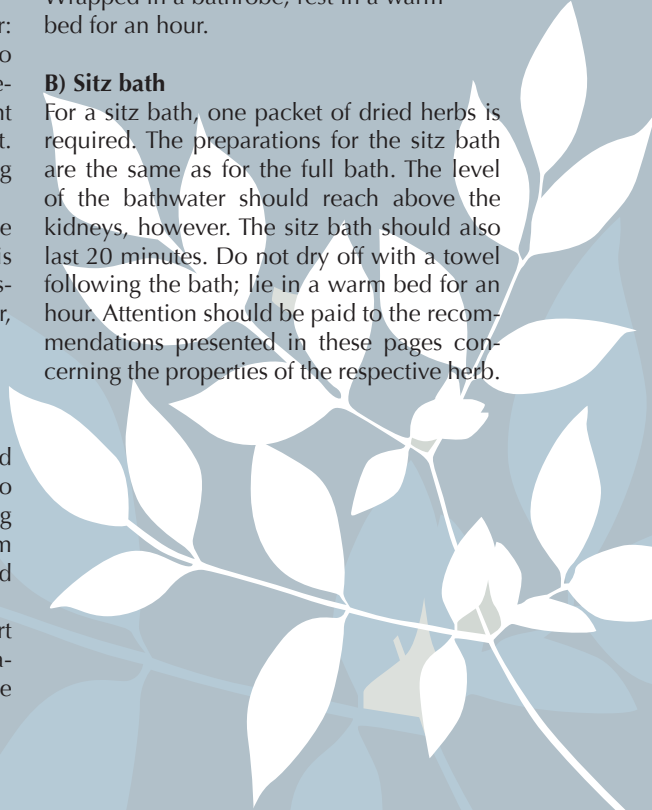
The bath should last 20 minutes. The heart and chest portion of the body should remain exposed above the level of the water. The

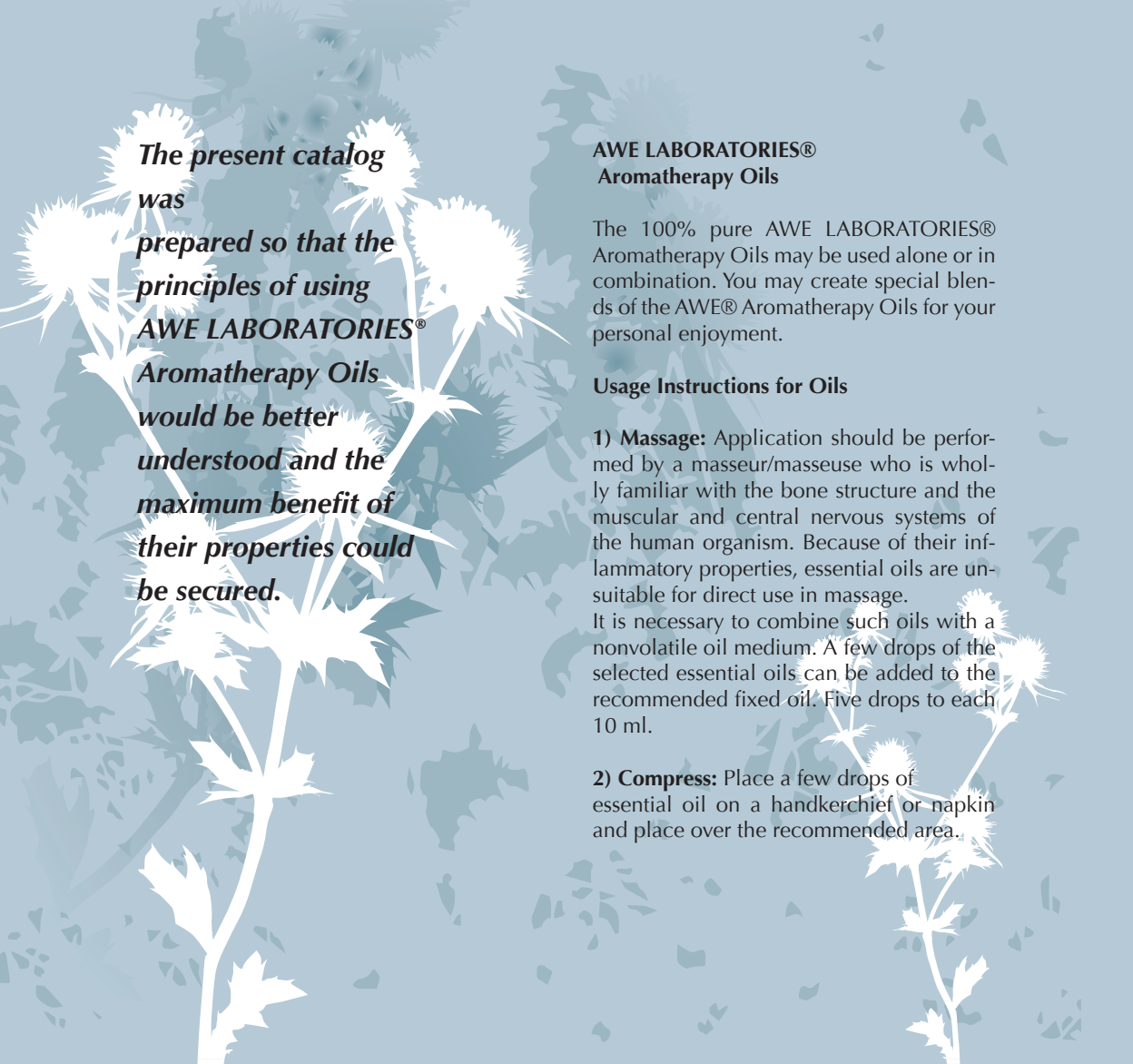
bathwater should be warm or hot, as prescribed. After adding the infusion, relax in the water for 20 minutes. You may drink a herbal tea of your choice during the bath. After the bath, do not rinse or dry off with a towel.

Wrapped in a bathrobe, rest in a warm bed for an hour.

B) Sitz bath

For a sitz bath, one packet of dried herbs is required. The preparations for the sitz bath are the same as for the full bath. The level of the bathwater should reach above the kidneys, however. The sitz bath should also last 20 minutes. Do not dry off with a towel following the bath; lie in a warm bed for an hour. Attention should be paid to the recommendations presented in these pages concerning the properties of the respective herb.





*The present catalog
was
prepared so that the
principles of using
AWE LABORATORIES®
Aromatherapy Oils
would be better
understood and the
maximum benefit of
their properties could
be secured.*

AWE LABORATORIES® Aromatherapy Oils

The 100% pure AWE LABORATORIES® Aromatherapy Oils may be used alone or in combination. You may create special blends of the AWE® Aromatherapy Oils for your personal enjoyment.

Usage Instructions for Oils

1) Massage: Application should be performed by a masseur/masseuse who is wholly familiar with the bone structure and the muscular and central nervous systems of the human organism. Because of their inflammatory properties, essential oils are unsuitable for direct use in massage.

It is necessary to combine such oils with a nonvolatile oil medium. A few drops of the selected essential oils can be added to the recommended fixed oil. Five drops to each 10 ml.

2) Compress: Place a few drops of essential oil on a handkerchief or napkin and place over the recommended area.

Usage Instructions for Oils (Cont.)

3) Inhalation: In the living room or in the bedroom, place 3–4 drops of your favorite AWE® Aromatherapy Essential Oil or blended oil on Aromatherapy rocks or Aromatherapy lamps to create a soothing, restful, and cheerful ambience; this not only offers protection against winter colds, but also insures a therapeutic atmosphere.

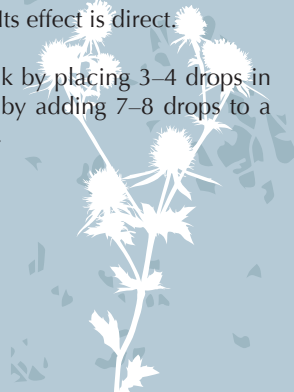
4) Bath: Place 8–10 drops of oil in a bathtub filled with warm water and distribute the oil by stirring with the hands. To receive the full benefit of the oil, remain in the water at least 10 minutes.

5) Friction: Apply, using a sufficient amount of oil to make small circular gliding patterns with the thumbs, fingers, and palms, with the simultaneous application of light pressure. Friction activates the muscles and tissue beneath the skin. Its effect is direct.

6) Ingestion: Drink by placing 3–4 drops in a small spoon or by adding 7–8 drops to a glass of fruit juice.

POINTS TO NOTE WHEN USING AWE LABORATORIES® AROMATHERAPY OILS:

- Be sure to use a fixed oil medium for any essential oil utilized for massage.
- Avoid contact with the eyes while applying an essential oil.
- Store essential oils out of reach of children and pets.
- Those afflicted with severe ailments, like hepatitis, epilepsy, cancer, Parkinsonism, and allergies, should consult a doctor prior to using an essential oil.







NATURAL DIETARY
SUPPLEMENTS
ELECTUARIES

Galingale

Alpinia officinarum

It helps eliminate juvenile bed-wetting problems and offers relief for rheumatic aches and pains.



Ingested, Galingale offers a strengthening and soothing action, an increase in urinal output, alleviation of menstrual cramping, and relief of rheumatic pain. It is known to increase the appetite and stimulate the secretion of saliva. It soothes chest pains. It works to fortify the body and the stomach. It is effective in relieving flatulence in the stomach and bowels and in raising the body temperature in the course of influenza and the common cold. It is known to lend assistance in cases of incontinence.

Another area in which Galingale is extremely beneficial is the central nervous system. It has been observed to stimulate the appetite, strengthen the stomach, and aid in calming the central nervous system. It can ease the passage of flatulence in the stomach and intestines and offer instant relief for headache and dizziness.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Royal Jelly possesses an extremely high nutritional value. It is composed of fifty per cent water and contains, among other substances, protein, fat, sugar, microelements, enzymes, hormones, vitamins, various fatty acids, 10-HDA as well as roughly 3% so far undetermined but potentially beneficial constituents. Royal Jelly strengthens the constitution and activates the immune system of sufferers of a broad spectrum of ailments, from heart disease to cancer. Particularly when heavy doses of antibiotics are administered in the course of radiotherapy and chemotherapy, it assists in protecting the functioning of the liver and the kidneys. It is known to increase physical performance, strengthen the memory, and increase mental alertness. In general, Royal Jelly restores a state of balance to the constitution and metabolism, awakens the appetite, renews skin and tissues, heightens sexual potency, stimulates ovulation, increases sperm count, and regulates blood pressure. In addition, it is known to aid in hemoglobin deficiency disorders, such as iron-deficiency anemia.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Royal Jelly

Overall, Royal Jelly is recognized as a potentially effective factor in the restoration of metabolic balance.



Nature

Nature may be beneficial for inflammation of the upper respiratory passages that accompanies coughing, asthma, bronchitis, and infection.



Nature is a natural dietary supplement, a mixture prepared of honey, ginger, pollen, black cumin, tumeric, harmal seed, nettle seed, te-rebinth seed, flax seed, and turnip seeds in excellent proportion. In general, it is beneficial in eliminating coughing, asthma, bronchitis, and infection in the upper respiratory passages and aids in regaining strength. Apart from the respiratory passages, ginger, black cumin, and turnip seed may also activate a dysfunctional digestive system. By virtue of their antiseptic qualities, they may fight against infection in the gastrointestinal system. The pollen represents a superior composition of vitamins and essences in ideal proportions for human life. These properties of Nature may provide significant support for functions like reproduction, growth, and the restoration of strength.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

The artichoke, which offers countless benefits to the human organism and positive effects on the liver, is known as the friend of the liver. The substance cynarin is known to play a role in this constructive action. Artichokes increase the production of bile in the liver and assist in the regular working of the gall bladder and is beneficial in complaints of the digestive system and in reducing the cholesterol level, low-density lipoprotein, and the level of triglycerides in the blood stream.

Thanks to its property of discharging toxins from the body, it is beneficial for rheumatism, in particular, and gout and pain in the joints. It may be recommended for those afflicted with diseases of the liver, as well as rheumatism, arthritis, and gout as well as for pregnant women. It aids in the reduction of urea and cholesterol in the blood as a diuretic, in the regulation of the level of blood sugar, and in the expulsion of calculi from the kidneys. It is a plant that inhibits the growth of cancer of the prostate, breast, and cervix.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Artichoke

Cynara scolymus

Artichoke is a plant known as a friend of the liver due to its favorable action on the liver.



Ginkgo Biloba

Ginkgo biloba

Ginkgo provides active support for the strengthening of the memory and powers of concentration and serves as an energy supplement.



Ginkgo is one of the oldest living trees on earth. It has been used in traditional Chinese and Japanese medicine for centuries. It is recommended for elevating the level of energy and performance for those who must remain constantly alert or who are engaged in intensive, stressful work. It is a natural remedy for absent-mindedness that occurs due to stress or intensive job-related tempos. It actively supports the strengthening the memory and concentration and is beneficial as a supplementary source of energy. Moreover, Ginkgo also reduces edema in the brain and assists in developing the dynamics of the endocranium.

Ginkgo is known to have positive effects on the arterial system and other blood vessels. It may relax the vessel walls in the event of arterial paralysis and spasms. For this reason, Ginkgo is a good friend of the heart. In many geriatric disorders, especially Alzheimer's, it may be highly beneficial.

In the early stages of Alzheimer's, Ginkgo may serve to inhibit mental retardation and help patients continue their normal routine.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Ginseng can boost physical activity, bodily resistance, and physical and mental endurance. Studies show that red Korean ginseng may act to reduce stress and even eliminate it. It has been long known that Ginseng exerts a positive effect on the male reproductive system, in particular, by increasing the male hormone (testosterone) and sperm count, on sexual potency, and on the circulatory system (especially effective in dissipating the swelling of the prostate).

Red Korean Ginseng can protect the liver from the toxic effect of alcohol consumption and various diseases and accelerate the discharge of toxins from the body. By promoting the renewal of the cells of the liver during radiation treatment, it reduces cell damage. Its tonic effect protects the body metabolism from stress and depression. It may improve the condition of the diabetic and reduce the level of sugar lipids and cholesterol in the blood.

It supports the immune system and exerts a positive effect on the cardiovascular system.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Ginseng

Panax ginseng

Ginseng is a natural dietary supplement that may enhance physical and mental endurance, heighten sexual potency, and serve as a friend to the liver.



Nettle & Black Cumin

In combination, Nettle and Black Cumin act to restore balance to the metabolism and furnish numerous supportive benefits.



A mixture in ideal proportions, Nettle and Black Cumin together serve as a natural dietary supplement. Their combined properties represent a dietary supplement of high value that is active over a broad spectrum.

Overall, they purify the blood, balance the blood sugar and cholesterol levels, balance blood pressure, and provide support for strengthening the constitution and defense mechanism. They also alleviate a dysfunctional liver, lungs, gall bladder, spleen, and urinary system. They exert a beneficial effect in heart and vascular disorders, protect against colds, serve to regularize menses, and increase sexual potency. They assist in combating allergies, shortness of breath, rheumatic complaints, and act as antimicrobial and antifungal agents. The mixture of Nettle and Black Cumin is not only beneficial for these ailments, but it can bolster the bodily defense mechanism.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Flax, which has been ingested for thousands of years as a food, is recognized as a source of rejuvenation, health, and beauty. Containing a high proportion of fiber, fatty acids, omega-3 and omega-6, protein, vitamin B-12, minerals, and amino acids, Flax is particularly efficacious in relieving disorders of the gastrointestinal system and resolving problems such as excess weight, high levels of cholesterol and blood sugar, and osteomalacia. Flax is beneficial in maintaining cardiovascular health and in battling rheumatic and other ailments affecting the skin and in treating wounds and distress of the respiratory system. Flax is helpful in regulating cholesterol and easing the negative side effects of paralysis, cancer, absent-mindedness, and intestinal disorders. It displays positive effects in easing constipation and strengthening bones. It can activate the immune system and alleviate complaints associated with menopause. It is beneficial in protecting against coronary-vascular diseases and in strengthening the nervous system and the faculty of memory. Flax displays positive effects in cases of weak powers of concentration and in the rapid healing of wounds. It may be used for eczema and psoriasis. It is used as a compress for corns. Flax eases coughs.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Flax

Linum usitatissimum

It is a plant recognized for its positive action on the digestive and vascular system.



Horsetail

Equisetum arvense

Horsetail may inhibit enlargement of the prostate, one of the major complaints of males past middle age.



Horsetail is a natural dietary supplement formulated and homogenized with varying proportions of the essences of fireweed, yarrow, and celery.

It works to inhibit the enlargement of the prostate, a frequent complaint of males past middle age. Horsetail combats inflammation of the prostate, irregular urination, infection of the urinary system, rheumatism, and edema in various parts of the body. It may be beneficial in relieving pains unrelated to microbial ailments afflicting the female reproduction organs, gout, diseases of the lungs, and discomfort in the joints. Horsetail may increase resistance in the connective tissues.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Bitter Melon has been observed to be beneficial for ailments like colitis, gastritis, and ulcers and other disorders related to the duodenum and the gastrointestinal system.

It may support the functioning of the liver and alleviate eczema, psoriasis, sores, and inflammations. It can help activate sluggish intestines and cell renewal. It has been observed to regulate the level of blood sugar in diabetes. Bitter Melon can stimulate the production of immune cells in battling illness and, due to its high content of vitamin E and high quality protein, it has been observed to be beneficial to the immune system. Studies conducted on animals indicate that Bitter Melon may be effective in controlling cancerous growths.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Bitter Melon

Momordica charantia

The benefits of Bitter Melon are palpable in treating complaints of the stomach, such as ulcers, gastritis, and dyspepsia.



Life Form

Life Form may generally promote weight loss by establishing balance in the urinary and digestive systems.



Life Form is a blended mixture, specially formulated to support sound weight loss. With this blend, one may lose up to 8 kilos per month. Life Form works to achieve balance in the urinary and digestive systems. The involuntary functioning of the metabolism may assist in weight loss by acting as a sudorific and burning up excess fat.

Moreover, by creating a sense of satiation, Life Form may prevent overeating. The liquid herbal essences are rich in minerals and vitamins and thus prevent loss of strength while losing weight.

Life Form can also promote balance in the cholesterol in the blood stream.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Shway Honey Mix Herbal Mixture, urinary and sperm sacs in the urinary system in general, by regulating the structure of the muscles and tissue allows the regular functioning of the urinary system. The aphrodisiac products sold on the market are not equivalent to products but have a different effect. Aphrodisiac products trigger erection by increasing blood pressure and the main side effects; severe headache, dryness and nausea in the respiratory tract in the mucosa.

Erectile release does not have an immediate effect on premature ejaculation, so it leaves the user with side effects rather than the effect.

Thanks to the herbal extracts in the shway, it increases the testosterone hormone and increases the sexual desire. Undesirable side effects do not occur (headache nasal crotch, palpitations, etc.). At the same time, after 40 years of age or in prostate patients; effective in problems such as incontinence.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Shway

It regulates the urinary and sperm sacs in the urinary system and regulates the structure of the muscles and tissues.



St. John's Wort

Hypericum perforatum

St. John's-Wort is an herb with an antidepressant property that has been used to combat stress and tension since antiquity.



Its name derives from the fact that all its blossoms open on 24 June, the day of the baptism of St. John. The flowers and leaves of St. John's-Wort contain hypericin and phobphene as well as flavonoid and the fats required by the body. This herb is popularly recognized for its properties as an expectorant, spasm reliever, and healer of wounds. St. John's-Wort assists in preventing the distress caused by depression and stress and also helps in reducing sleep disorders due to stress and chronic fatigue. Its antidepressant property helps women to undergo menopause without difficulty.

It exhibits positive effects in the treatment of ulcers and gastritis and acts as an effective tonic that endows the liver and gall bladder with strength. St. John's-Wort serves to eliminate feelings of fear, anxiety, distress, indifference, and despair.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

An ancient remedy, Caltrop is utilized in India as a rejuvenating tonic and in China for ailments of the liver and kidneys.

Caltrop regulates blood pressure and increases the sperm count. It combats impotency, a disorder usually associated with stress and a low level of testosterone. It is beneficial in endowing muscles with strength and endurance and by regulating blood pressure ensures balance in the blood pressure and cholesterol.

Caltrop stimulates ovulation, combats impotence, and enhances the sex drive in both genders. It is known to increase muscle strength, endurance, enhance physical performance, and increase energy, alertness, and vitality in athletes and body builders.

Caltrop alleviates the symptoms of andropause (male menopause) and eases difficult ovulation.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Caltrop

Tribulus terrestris

Caltrop is an herb used to combat impotence in males and enhance the libido in both sexes.



Valerian

Valerian officinalis

Valerian is an herb whose properties alleviate suffering from stress, tension, and insomnia.



Valerian is an invaluable herb that can be used to counter the negative effects of modern life, such as fear, tension, and irritability. It counteracts absent-mindedness and fatigue by bestowing a mood of relaxed vitality. It helps those afflicted by insomnia and sleeplessness. It was formerly used to heal wounds. Valerian can act to reduce hypertension.

Generally, it can be used for all disorders, spasms, and pains arising from the central nervous system. Valerian is known to alleviate headache, migraine, nausea, nervous palpitations and swelling of the abdomen, hysteria, and nervous discomfort, such as restlessness, irritability, anxiety, fear, and pessimism; it also relieves clitoral pain and menopausal complaints, angina, and chronic constipation. Its most reassuring virtue is that it is completely free of any addictive or habit-forming substance.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Agnus Castus has been administered since antiquity for elevated febrile conditions, headache, flatulence, low urine production, and, most especially, for female disorders. Scientific studies have demonstrated that this herb exerts a positive effect on the female hormonal balance. By regulating the pituitary gland, which ensures hormonal balance in the body, Agnus Castus serves to improve female disorders stemming from hormonal imbalance. Agnus Castus tends to regularize the menstrual cycle and diminish the number of complaints associated with the menses. It alleviates problems like migraine and acne associated with the onset of menses. Agnus Castus can normalize the extremes of the sex drive. It eases fluctuations in the hormonal level. It is beneficial for menopausal complaints, like hot flashes, dryness of the vagina, dizziness, and depression. It also assists in regulating ovulation and enhancing the probability of conception. Agnus Castus can be used to battle depression in males and related effects of impotency.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Agnus Castus

Vitex agnus castus

Agnus Castus is a dietary supplement that can be recommended for women of all ages.



Ginger

Zingiber officinale

A recognized stimulant, Ginger relieves flatulence, acts as a sudorific, and is antiseptic. It exerts a positive effect on influenza and the digestive system.



Ginger may be used for problems with digestion, like nausea, distended abdomen, and colitis. Thanks to its antiseptic property, it acts as an antimicrobial agent in the gastrointestinal system and helps prevent motion sickness. It activates the circulation of the blood and insures that it is supplied to the surface of the skin. Ginger is warming and therefore helpful in cases of frostbite and cold hands and feet. It may normalize hypertension. Included among its benefits are its diaphoretic and antitussive properties, and its capacity to warm and soothe those stricken with influenza and colds and other illnesses affecting the respiratory passages. In addition, Ginger can be used to stimulate the appetite and alleviate constipation. It thins the blood, dilates the walls of the blood vessels, and prevents clotting. It helps bestows alertness on mental activity and strengthens the memory. It can eliminate the negative side effects of medications on the stomach and intestines. It is believed to be beneficial in rheumatism. Ginger is known for its property of inhibiting the chemical production of pain receptors in the body and of facilitating the circulation of the blood.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Andiz Molasses has a high concentration and the sugar in the fruit is sufficiently extracted. The benefits of anisole molasses in anemia are known.

In the composition of conifers, 33% glucose and sucrose, juniperin, woolen, borneol, terpineol, isoborneol, camphor, sidrol, dipentene, pinene, openite, resinous substance and various acids etc. There are medically proven substances such as health benefits. At the same time these substances have antioxidant effect. Butters' molasses are bronchitis, cough, jaundice, pruritus, eczema, nausea, lung, liver, a molasses useful. As in all molasses genera, it is blood-forming and energizes.

Recommended Dosage for Electuaries:

1/2 teaspoon before meals and before sleep at night.

Juniper Extract

Oleum juniper

Bronchitis, cough, jaundice, itching, eczema, nausea, lung and liver are known to be useful.



Carob Extract

Ceratonia siligua L.

Supports the upper respiratory tract and body immunity positively and contributes to the body's development with calcium.

Carob is one of the oldest plants on earth. In Turkey, carob, carob is a valuable species is referred to by the horns name. Nivalis is a highly concentrated carob extract obtained from carefully processed fruits and mothers for children with anorexia problem. The strength and dynamization of the body, the benefits of anemia and teeth are known. Potassium, calcium, phosphorus, magnesium, iron, copper and zinc is very rich in terms. These features are considered to be good for cough, flu, and bone resorption. Carob extract can be recommended in patients with allergic dyspnea. It maintains its flavor as a result of traditional methods and laboratory production, and is a good alternative to unnatural packaged foods for children's bone development.

Recommended Dosage for Electuaries:

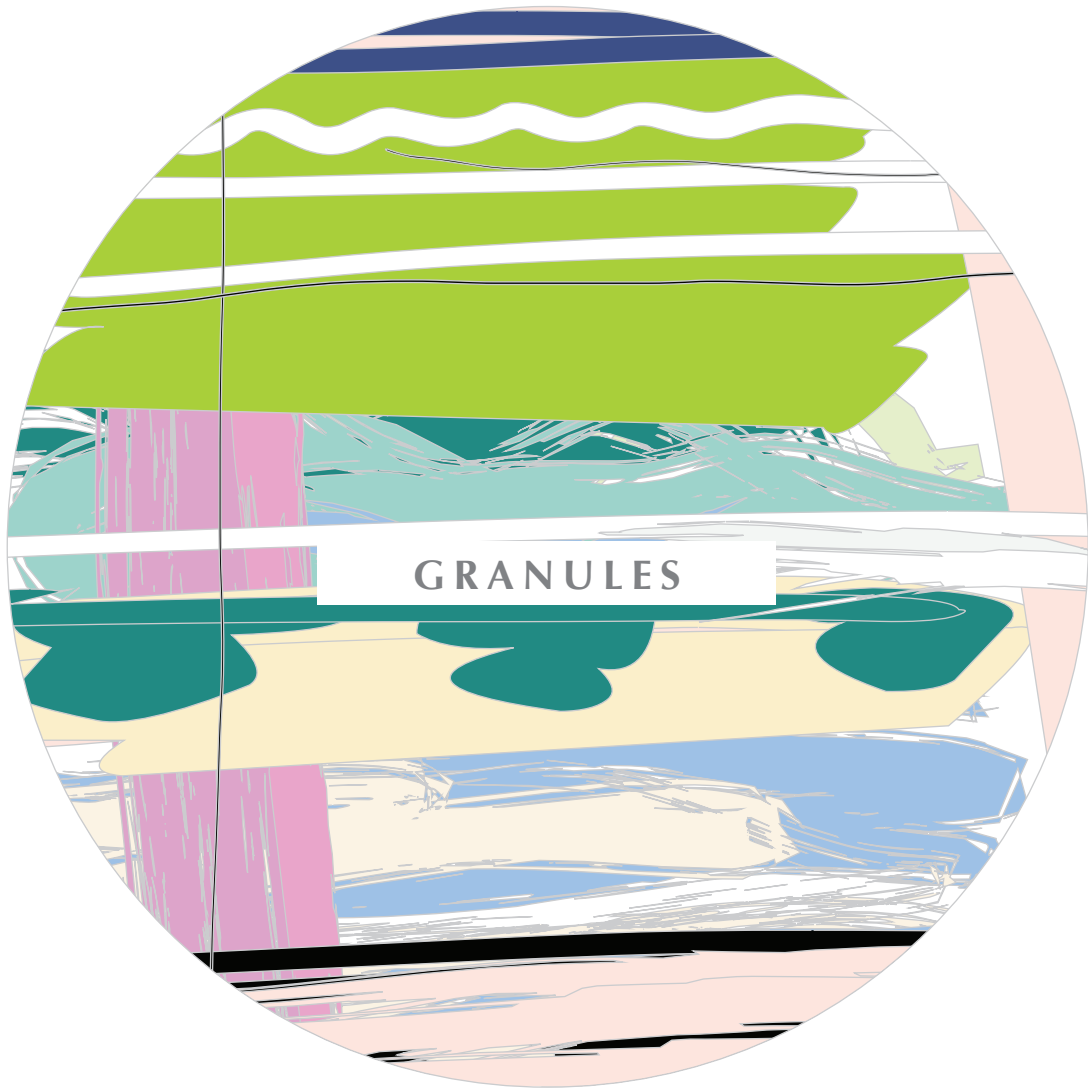
1/2 teaspoon before meals and before sleep at night.



carob gum
with delicious
chocolate
taste!







GRANULES

Flax Seed

Linum usitatissimum

Flax Seed is especially efficacious in disorders of the gastrointestinal system and cardiovascular health



Flax Seed has been used as a foodstuff for millennia and is renowned as a fountain of youth, health, and beauty. Containing a high proportion of fiber, omega-3 and omega-6 fatty acids, protein, vitamin B-12, minerals, and amino acids, Flax Seed is especially efficacious in disorders of the gastrointestinal system and complaints related to excess weight, high cholesterol and blood sugar levels, osteomalacia, cardiovascular health, rheumatic diseases, certain skin ailments, wounds, and respiratory passages.

Flax Seed is recognized for its positive action in regulating cholesterol levels, paralysis, cancer, and absent-mindedness. Moreover, it acts as a laxative, and strengthens bones. It boosts the immune system and eases menopausal complaints.

Flax Seed bestows protection from disease on the cardiovascular and central nervous systems and increases the powers of memory. It promotes rapid recovery in cases of poor concentration and in external application. It can be used for eczema and psoriasis. It is beneficial for use as a corn plaster. It also acts as an antitussive.

Recommended usage of granules:

Ingest one teaspoon granules mixed with honey or yoghurt before mealtime.

Grape seeds are classified as one of the most powerful antioxidants and the possessor of a number of beneficial substances. As an antioxidant, it can purify the toxins that collect in the body as a result of smoking tobacco, alcohol intake, and medications. By ridding the body of toxins, the complexion may be restored to its former vitality and fresh appearance. Grape seeds block the damage caused by free radicals in the skin and blood. By repairing and strengthening the walls of the arteries and regulating heart rhythm, they reduce the risk of heart attack. When used regularly, they provide beneficial treatment of varicose veins. By strengthening the arteries of the brain, they can increase the amount of oxygen reaching the brain, reduce absent-mindedness, and increase powers of concentration. Grape seeds have a positive effect on symptoms of aging and Alzheimer's. They help lower the cholesterol level and retard wrinkling of the skin. They may increase the sex drive in males. They have also been observed to alleviate rheumatic pain. Positive effects have been observed in diabetes and in eye problems associated with aging. When Grape Seed is used regularly, allergies may diminish or disappear.

Recommended usage of granules:

Ingest one teaspoon granules mixed with honey or yoghurt before mealtime.

Grape Seed

Vitis vinifera

Grape Seed is a beneficial natural dietary supplement efficacious as an antioxidant and purifier of free radicals.







HERBAL TEAS

Howthorn Flower Tea

Crataegus monogyna

The azarole is a natural dietary supplement that assists in strengthening heart muscles and preventing calcification of the joints.



The fruit of the single seed hawthorn is beneficial in cases like atherosclerosis, arrhythmia, dysfunctional nervous system, and hypertension. Furthermore, the flower can be used to support weight loss. It can accelerate blood circulation by expanding the walls of the cardiovascular system and thus alleviate angina. It may be taken under the physician's control as a supplement to medications. It has been observed to be beneficial in cases of irregular heart-beat, particularly in the aged. It can be utilized to support the heart in cases of hypertension and especially to fortify the heart following illnesses involving a feverish condition and to treat arrhythmia. Since the substances contained in single seed hawthorn are not accumulated in the body and are nontoxic and nonhabit-forming, single seed hawthorn is suitable for long-term usage. Single seed hawthorn Flower Tea also exerts a calming effect on the central nervous system, eases spasms, is diuretic, and decomposes calcification of the joints.

Recommended usage of herbal teas:

It's recommended 1 spoon of tea added into a boiled cup of water, brewed 5-10 minutes before drinking.

Nettle is a plant that promotes the production of blood and purifies the blood. It exerts benefits on the pancreas and may reduce the blood sugar level.

It may be recommended for treating ailments and infections of the urinary system, diseases of the liver and gall bladder, illnesses of the spleen, and inflammations of the respiratory passages. It is also useful for ulcers of the stomach and intestines and diseases of the lungs. Nettle Leaf Tea provides support for treating microbial illnesses and the spread of infection. It is quite efficacious for edema.

Thanks to its blood making capacity, it is beneficial in eliminating anemic pallor, a low white cell count, and iron-deficiency anemia. The fatigue and exhaustion that is a sign of iron deficiency in the elderly can be overcome with iron rich fresh nettle leaves. It activates the metabolism. It eases elimination of the feces. It offers relief for gout and rheumatism. It is efficacious as a supplement to the treatment of infections and disorders of the urinary system and kidneys. Nettle Leaf Tea is of benefit for the liver, gall bladder, and spleen. It can restore to normal proportions a heavy menstrual flow.

Recommended usage of herbal teas:

It's recommended 1 spoon of tea added into a boiled cup of water, brewed 5-10 minutes before drinking.

Nettle Leaf Tea

Folium urticae

The positive effects of Nettle Leaf Tea on the liver, gall bladder and blood as well as on infectious diseases are recognized.



Thyme Cholest Tea

Thyme Cholest Tea is recognized for its positive effect on cholesterol and triglycerides.



A mixture composed of thyme, heath, rosemary, and juniper flowers, Thyme Cholest Tea is a dietary supplement that may be beneficial for the arteries and kidney ducts, because it can reduce lipids like cholesterol and triglycerides and the level of blood sugar. It possesses the property to stimulate the appetite, ease digestion, and relieving flatulence in the intestines. Thyme and rosemary also can assist in accelerating blood circulation in organs like the liver and pancreas and cleansing them and restoring their regular functioning. It can activate the normal menses cycle. It is known to be efficacious in relieving spasms and in a variety of coughing ailments like asthma.

Thyme Cholest Tea may be said to be quite effective as an antitussive for children with whooping cough. With its antiseptic property, it acts as an antimicrobial agent in the intestine, kidney, and bladder and as a vermifuge can assist in the expulsion of intestinal worms. A cup of Thyme Cholest Tea in the morning can bestow mental alertness. It can increase resistance to illness and strengthen the constitution. Juniper flowers are known to ease palpitations and strengthen the heart. The general diuretic properties of heath have been observed to expel calculi.

Recommended usage of herbal teas:

It's recommended 1 spoon of tea addet into a boiled cup of water, brewed 5-10 minutes before drinking.

Maximo Sistol Tea is a blend of mistletoe, hibiscus, elder, and calendula flowers. It can insure a decrease in hypertension and a return to normal blood pressure. At the same time, Maximo Sistol Tea can alleviate the accompanying symptoms of shortness of breath, palpitations, dizziness, headache, frequent urination, leg cramps, swollen feet, and ringing in the ears. No negative negative side effects are produced by extended usage. It is more efficacious when used in combination with Cemre® Grape Seeds and Purple Coneflower.

Recommended usage of herbal teas:

It's recommended 1 spoon of tea added into a boiled cup of water, brewed 5-10 minutes before drinking.

Maximo Sistol

(With Elder Flower Tea)

***Maximo Sistol Tea can aid
in restoring hypertension
to normal.***



Life Form Herbal Tea

With Green Tea

By involuntary stimulation of the metabolism, Life Form Herbal Tea may assist in weight loss as a sudorific.



Life Form Herbal Tea as an herbal dietary supplement is a blend specially prepared to promote weight loss. With this mixture, a loss of up to 8 kilos per month may be registered. Life Form Herbal Tea promotes balance in the urinary and digestive systems.

By involuntary stimulation of the metabolism, it may support weight loss and the reduction of fat as a sudorific.

In addition, overeating may be avoided because it conveys the sensation of being satiated. The herbal essences possess a rich vitamin and mineral content that prevents loss of strength and weakness during weight loss.

Life Form Herbal Tea maintains cholesterol balance in the body.

Recommended usage of herbal teas:

It's recommended 1 spoon of tea addet into a boiled cup of water, brewed 5-10 minutes before drinking.

Avocado Piyelon Tea is a blended herbal tea that can effect positive action on the urinary system and kidneys. The Avocado Piyelon mixture flushes the urinary system and can help the kidneys to function regularly. It can help discharge calculi formed in the kidneys. It can diminish painful urination and the formation of cysts in the urinary system. It can act as a febrifuge for fever resulting from infection. Avocado Piyelon Tea may assist in the prevention of incontinence.

Recommended usage of herbal teas:

It's recommended 1 spoon of tea addet into a boiled cup of water, brewed 5-10 minutes before drinking.

Avocado Piyelon Tea

Avocado Piyelon Tea is an herbal dietary supplement that may be particularly effective in ailments of the urinary system and kidneys.







HERB PACKETS

Sage

Salvia officinalis

Benefits have been observed in promoting regularity of the digestive system. Sage is beneficial in the treatment of all mental and nervous disorders.



Sage possesses the property of dilating the capillaries. It alleviates blockage of the brain arteries and cardiovascular system and is efficacious for atherosclerosis and constriction of the arteries, paralysis, epilepsy, Parkinsonism, hypertension, and in the treatment of all mental and nervous diseases. Its bitter taste is tonic for the appetite, and it eases digestion and intestinal flatulence. It can maintain regularity in the digestive system. Sage exerts a positive effect on inflammations of the throat, tonsils, and gums and in the complaints associated with asthma. It serves to revitalize when added to the bath water. It alleviates fatty liver complaints, acts as a diuretic, and can induce the menstrual flow. Sage can eliminate female hormonal dysfunction, loss of sex drive, menopausal complaints, and spasms. It exerts a positive effect on disorders affecting the immune system and in hyperthyroidism. Possessing an antiseptic property, a gargle solution of sage can obtain positive results in inflammations of the oral cavity and throat and in angina. Sage is recommended for external use for the purpose of restoring skin health and vitality and healing acne and blemishes, psoriasis, and vitiligo.

Instructions for Usage:

- Hot Infusion, A

(For details, consult pages 6 and 7.)

Roselle flowers can be used as a sweetener, dye, and aroma enhancer. Both its laxative and coloring properties can be utilized. It is also known as a mild stimulant of the appetite and an inhibitor of infection. It is used in Africa as a cooling refreshment. A hot infusion of Roselle can reduce the sugar level in the blood of diabetics. The flowers can also be used to treat constipation and as an aroma enhancer and also as a tea.

Roselle is a product that is especially efficacious for coughs and colds. In the winter months, it is used as an herbal tea by dieters. Roselle has quite an astringent taste. There are no known negative side effects.

Instructions for Usage:

- Hot Infusion, A
- Cold Infusion, B

(For details, consult pages 6 and 7.)

Roselle

Hibiscus sabdarriffa

***A hot infusion of Roselle
is known to reduce the
blood sugar level.***



Winter Tea

Gingerbread Mixed Herbal Tea



Ginger, lime, sage, chamomile, quince leaf, rosehip, cinnamon, turmeric, apple, orange, lemon, lemon balm, ekinazeya, marshmallow flower, hibiscus and hibiscus prepared with the mixture, especially in winter, upper respiratory tract discomfort and support in the maintenance of body resistance It happens. The mixture, specially formulated for those who are sensitive to cold during the winter months, can support the body against colds, flu, colds and weaknesses.

Instructions for Usage:

- Hot Infusion, A

(For details, consult pages 6 and 7.)

Anise alleviates a distended abdomen and flatulence. Anise can be used particularly to relieve flatulence, strengthen the stomach, and soothe coughs.

In cases of constant hiccupping, a cup of anise infusion may be offered. Anise may bring on drowsiness in cases of insomnia. Infants and small children can be given an infusion of Anise for discomfort caused by flatulence and coughing. Anise can be added to medications to improve an unpleasant taste and aroma. An infusion of Anise may increase breast milk production.

Instructions for Usage:

- Hot Infusion, B

(For details, consult pages 6 and 7.)

Anise

Anisi vulgaris

An infusion of Anise can boost the production of breast milk.



Lady's-mantle

Alchemilla alpina

Lady's-mantle is efficacious in female disorders, such as irregular menses and the complaints associated with menopause. It is known for its positive benefits in cases of osteomalacia.



Lady's-mantle may alleviate symptoms of such ailments as irregular menses, vaginal discharge, uterine discomfort, and menopausal complaints. It assists in strengthening the muscles of the uterus in women prone to miscarry or go into premature labor and in cases of delivery-related injury. Lady's-mantle can be recommended for general fatigue of the muscles and constitution and for iron-deficiency anemia. Rinsing the mouth with an infusion of Lady's-mantle is one of the best natural methods of treatment for toothache or after the extraction of a tooth. It is of benefit in treating diabetes and disorders of the gall bladder and in expelling calculi from the kidneys. A poultice can be used to counteract conjunctivitis, boils, infected wounds, provoke the flow of urine, and reduce swellings caused by blisters and rheumatism. It possesses binding properties. It can increase breast milk production. It is a febrifuge. A poultice can be used for muscle soreness and osteomalacia. Lady's-mantle is effective in lowering the blood sugar level, relieving migraine, overcoming insomnia, and easing multiple sclerosis. Beneficial effects have been observed in cases of muscle and joint weakness and iron-deficiency anemia.

Instructions for Usage:

•Hot Infusion, A •Sequential Cold Infusion, B
(For details, consult pages 6 and 7.)

Avocado leaves and fruit assist in reducing hypertension because to their fatty acids (oleic and linoleic acid) and potassium. Its vitamin E content is good for the heart, inhibits the aging process, and regulates the proportion of cholesterol in the body (low-density lipoprotein/high-density lipoprotein). The high potassium content can ensure vitality and assists in dispelling the lethargy that leads to depression. Avocado Leaf is beneficial in curbing diarrhea and a source of comfort for those suffering from complaints of the lower intestine and hemorrhoids.

The basic fatty acids in avocado and the antioxidants known as glutathione are efficacious in the production of sexual hormones. The fat in the avocado nourishes the complexion and assists in retarding wrinkling. Used externally, the high vitamin A content can activate the renewal of cells and prevent dandruff and callosities of the epidermis. The vitamin B complex exerts a very positive effect on the metabolism of the cells. The active constituents of the avocado can protect the skin from dryness and revitalizes the complexion, especially sensitive, dry, matte, and aging skin.

Instructions for Usage:

- Hot Infusion, A

(For details, consult pages 6 and 7.)

Avocado Leaf

Aesculus hippocastanum

Avocado Leaf is known for its antiaging action, benefits for the heart, and regulation of cholesterol.



Calendula

Calendula officinalis

Calendula restores the appetite and regularity to the menses cycle.

Calendula possesses diuretic properties and induces perspiration as a sudorific. It activates and restores a normal menstrual flow. Calendula is efficacious in the treatment of lack of appetite and ensures a regular menstrual cycle. As a cold poultice, Calendula facilitates the healing of burns.

Instructions for Usage:

- Hot Infusion, A

(For details, consult pages 6 and 7.)



Rosemary can accelerate blood circulation and dilate the capillaries. It is a friend of the liver. Rosemary oil may ensure the reduction and disappearance of cancerous tumors and the fat glands in the body. Rosemary tones and strengthens nerves. By activating the intestines, it can assist in the digestion of fatty foods.

It helps increase the secretion of bile. Rosemary may be beneficial in the regulation of the menses and inducing the menstrual flow and as a diuretic. It can alleviate muscle soreness, sciatica, neuralgia, and rheumatic pain. It accelerates the healing of sprains and bruises.

By stimulating the oil glands in the hair follicles, Rosemary can inhibit early hair loss. Hair rinsed with an infusion of rosemary becomes stronger and shiny and added to the bath water, it deep cleanses and smooths and beautifies the skin. Rosemary revitalizes hair that is dull and lifeless, accelerates blood circulation, and alleviates pain. It can ease aching joints and rheumatic complaints. When used as a gargle, it acts as a beneficial antimicrobial agent. Rosemary is efficacious in combating fatigue, depression, and lassitude.

Instructions for Usage:

- Hot Infusion, B

(For details, consult pages 6 and 7.)

Rosemary

Rosmarinus officinalis

***Rosemary assists in
overcoming lack of appetite
and irregularity of the
menses.***



Yarrow

Achillea millefolium

Yarrow is of direct benefit for bone marrow and regularizing blood production.



Yarrow may be efficacious as a diuretic and in the relief of flatulence in the gastrointestinal system, and, due to its bitter taste, act as a tonic for the appetite. It can be beneficial in the event of painful menses and accompanying depression and during the pre- and post-menopausal period. An infusion of Yarrow added to a sitz bath can be recommended for various uterine disorders and inflammation of the ovaries, myoma, and white discharges. Due to its natural antiseptic property, it has been observed to be beneficial in colds and influenza. Because of its property of purifying the blood, it can be recommended for hepatitis B, rheumatism, liver ailments, and intestinal inflammations. Yarrow accelerates circulation of the blood and, by supplying oxygen to the cells, it has been observed to activate their sound functioning. Because of its astringent property, yarrow constricts arteries and relieves hemorrhoids and promotes the healing of wounds. It is known to exert a direct effect on the bone marrow and the regulation of blood production. Because of its beneficial action on the arteries, Yarrow herbal tea can be recommended in cases of coronary failure.

Caution: Yarrow should be avoided during pregnancy and by those who are hyperallergic.

Instructions for Usage

- Hot Infusion, A
 - Cold Infusion, A •Sequential Cold Infusion, B
- (For details, consult pages 6 and 7.)*

Shepherd's Purse is a natural dietary supplement that can regulate menstrual flow in adolescence and be recommended in cases of renal hemorrhaging. It is an herb that can establish normal blood circulation and exerts a positive effect on both hyper- and hypotension. It is efficacious in the event of uterine hemorrhaging. It provides invaluable aid for illnesses of the superficial muscular structure and in the treatment of muscular weakness in the internal ingest organs. It can also assist in the expulsion of kidney calculi. Shepherd's Purse eases pain and serves as an aid to relaxation. It is known to stanch nosebleeds.

Instructions for Usage:

- Hot Infusion, A
- Bath

(For details, consult pages 6 and 7.)

Shepherd's Purse

Capsella bursa-pastoris L.

Shepherd's Purse is an herb that can stabilize blood circulation and exert a beneficial effect on calculi in the kidneys.



Laurel Leaf

Laurus nobilis

As an herb, Laurel Leaf has been observed to be beneficial in easing rheumatism, skin inflammations, and earache.



Laurel Leaf is used in cooking for flavoring. Laurel Leaf is recognized for its properties as an antioxidant, analgesic, antiinflammatory, and anticonvulsant (antiepileptic). The berries can be used to relieve abdominal and nervous pain. Laurel Leaf is known to be an effective febrifuge, appetite stimulant, and digestive. Caution: Laurel Leaf is not recommended for women during pregnancy.

Instructions for Usage:

- Hot Infusion, A
- (For details, consult pages 6 and 7.)*

Studies have shown that Purple Coneflower is an herb that appears to strengthen the immune system. Its benefits are evident in colds, influenza, infections, weak immune systems, and inhibiting cancer. It may be efficacious in a number of ailments, such as bacterial and fungal infections, sore throats, and sores of the oral cavity. By stimulating the production and activity of white cells, it can discourage the reproduction of microorganisms in the body. It can prevent allergic reactions and increase resistance to microbial and fungal infections. When used as a gargle, Purple Coneflower can help heal canker sores. It provides support for the treatment of rheumatism and arthritis. It prevents the spread of microorganisms to the tissues in the body and can protect the lymphatic system. It is also beneficial in overcoming the chronic fatigue syndrome.

Instructions for Usage:

- Hot Infusion, A

(For details, consult pages 6 and 7.)

Purple Cone Flower Tea

Echinacea purpurea

Purple Coneflower is a leading natural dietary supplement that strengthens the immune system.



Sweet Basil

Ocimum basilicum

Sweet Basil alleviates ailments of the urinary system, coughs, and dyspepsia.



Sweet Basil, with its property of soothing and preventing the formation of flatulence in the intestines, can be used as an infusion with a ratio of 1–2%. It can alleviate symptoms of illnesses of the urinary system. The seeds are beneficial as a cough suppressant. It is beneficial as an antitussive and counteracts dyspepsia and dizziness. It can alleviate bee stings. Sweet Basil fragrance repels vermin. The fragrance is released by touching the leaves. It can be incorporated into infusions promoting the healing of wounds and is calming to the nerves.

Instructions for Usage:

- Hot Infusion, A

(For details, consult pages 6 and 7.)

Heath contains tannin, which possesses a binding property. By virtue of this property, heath can be recommended in cases of diarrhea. Its ericolin content exerts a diuretic effect. Heath assists in cleansing the urinary system and in expelling kidney stones. An infusion of heath can increase the production of breast milk. An infusion of Heath can inhibit the absorption of fat from the intestines and by regulating the peristalsis of the intestine assist in weight loss. Its glucoside content (ericolin) is beneficial in provoking urination to expel calculi in the urinary system. Heath is also used in treating diarrhea and kidney calculi and is efficacious in boils, eczema, and gout. A poultice of Heath can assuage pain.

Instructions for Usage:

- Hot Infusion, A
(For details, consult pages 6 and 7.)

Heath

Calluna vulgaris

Its effects of Heath can be beneficial in urinary system disorders, in quelling coughs, and relieving dyspepsia.



Ginkgo Bloba Tea

Ginkgo biloba

The benefits of Ginkgo Biloba Tea include the strengthening of the memory and powers of concentration as well as acting as an energizer.



Ginkgo Biloba Tea is recommended for those whose job demands close attention or which involves intense and stressful work to revitalize their attentiveness, energy and performance. While strengthening the memory and powers of concentration, Ginkgo Biloba Tea can also ensure a natural energy reinforcement. It has been used for centuries in Chinese and Japanese medicine. Ginkgo Biloba Tea can also assist in reducing edema in the brain and in activating the dynamics of the endocranium.

Ginkgo Biloba Tea possesses a positive effect on the arteries and other blood vessels of the circulatory system. In the event of paralysis of the vessels and vessel spasms, it is a friend of the heart because it can relax the walls of the vessels. It is efficacious in a number of geriatric cases, particularly those with Alzheimer's disease. In the early stages of this disease, Ginkgo Biloba Tea may facilitate a return to normal by inhibiting mental retardation. It can be beneficial in failure of the liver and kidneys and the associated pains,, in jaundice, gout, obesity, urticaria, rheumatism, and eczema. Ginkgo Biloba Tea is also known to be effective in restoring the circulation of the blood and in atherosclerosis due to cholesterol.

Recommended usage of herbal teas:

It's recommended 1 spoon of tea added into a boiled cup of water, brewed 5-10 minutes before drinking.

Ginseng is a plant that can increase physical activities, body resistance, and physical and mental endurance. Studies show that the red Korean ginseng may reduce stress and even eliminate it. Ginseng exerts a positive effect on male reproductivity, the production of the male hormone (testosterone), sperm count, sexual potency, and circulatory system (inhibiting the swelling of the prostate) Red Korean Ginseng can protect the liver from the toxic and various diseases effect of alcohol consumption and accelerate the discharge of toxic substances from the body. In easing the renewal of the cells of the liver during radiation treatment it reduces damage to the cells. The body under stress and depression it possesses a tonic effect that protects the body metabolism. It may serve to alleviate diabetes and reduce the level of sugar lipids and cholesterol in the blood. Ginseng Tea supports the immune system and exerts a positive effect on the cardiovascular system.

Recommended usage of herbal teas:

It's recommended 1 spoon of tea added into a boiled cup of water, brewed 5-10 minutes before drinking.

Ginseng Tea

Panax ginseng

Ginseng Tea may promote physical and mental resistance to stress and increase sexual potency and is a friend of the liver.



Marshmallow

Althea officinalis

Marsh Mallow has been observed to be beneficial for infected wounds, angina, sores in the oral cavity, and relief of coughing.



Marsh Mallow serves to relieve tightness in the chest and provoke the production of urine and is antitussive and diuretic. The seeds of the Marsh Mallow with yellow flowers can be used for toothache, and the leaves fortify the heart.

Marsh Mallow is efficacious in relieving irritation of the mucous lining of the oral cavity and the pharynx, inflammation in the gastrointestinal system, lung disease, coughing, diseases of the urinary tract, enteritis, diarrhea, cholera, gonorrhea, acne, infected wounds, angina, and sores of the oral cavity. It acts as an expectorant, loosens the chest, and alleviates coughing. Marsh Mallow may be administered to children with stomach upsets and diarrhea.

Instructions for Usage:

- Hot Infusion, A
- (For details, consult pages 6 and 7.)*

Galangale is a sought after herb because of the beauty of its flowers and their fragrance. They are refreshing, with a scent resembling that of camphor. Taken internal ingestly, the infusion alleviates stomach ache, rheumatism, and colic. It can prevent incontinence in children. It is beneficial as an expectorant and in increasing the secretion of saliva. It can eliminate halitosis. It is known to ease pain in the joints and acid indigestion.

Galangale assists in inducing urination and the discharge of uric acid, which causes a sense of fatigue. Similarly, it can assist in the treatment of sufferers of rheumatism. It can alleviate pain and distress. It assists in stimulating the appetite. By strengthening the stomach, it can aid in the regularization of the digestive system. Galangale, which contains the chemical substances alpinol and alpine, raises the body temperature. It can therefore assist in getting those with a cold or influenza on their feet in a short time. Another benefit of Galingale is that it can provide quick relief for a headache or dizziness.

Instructions for Usage:

- Hot Infusion, B
- Cold Infusion, A

(For details, consult pages 6 and 7.)

Galangale

Alpinia officinarum

***It relieves pains in the joints,
acid indigestion, dizziness,
and headache.***



Nettle Leaf

Folium urticae

Nettle Leaf is beneficial for the liver, gall bladder, and blood. It is good for ailments caused by infection.



Nettle Leaf aids in purifying the blood and also boosts the building of blood. Its positive effect on the pancreas works to reduce the blood sugar level. It can be recommended for diseases of the urinary system, illnesses of the liver, gall bladder and spleen, inflammations of the respiratory passages, ulcers of the stomach and intestines, and lung diseases. It helps combat illnesses and epidemics caused by microbial agents. It is quite efficacious for edema. By means of its blood-building property, Nettle Leaf helps restore a healthy ruddiness to the complexion, activate white cell production, and combat iron-deficiency anemia. In cases of fatigue and exhaustion in the aged due to loss of iron, positive results can be obtained by fresh Nettle Leaf due to its iron content. It eases elimination. It eases gout and rheumatism. Nettle Leaf is efficacious in the treatment of inflammation and ailments of the urinary system and kidneys. Its beneficial action on the liver, gall bladder and spleen is recognized. In the case of painful menstruation, Nettle Leaf assists in restoring a normal flow.

Instructions for Usage:

- Hot Infusion, A
- Cold Infusion, B

(For details, consult pages 6 and 7.)

St. John's-Wort is known for its strengthening properties, tonic effect on the appetite, and as a febrifuge and digestive aid. It is also known to relieve asthma and stomach pains. It is widely employed in Europe as a natural antidepressant with no negative side effects. The hypericin content increases the frequency of theta waves in the brain. Theta waves normally occur during sleep and when in deep thought or meditation aroused by a heightened emotional state, an increase in happiness, and creativity. It assists in dispersing feelings of fear, anxiety, distress, despair, indifference, and helplessness. It is known for its positive effect on problems of sleeplessness and excessive sleeping. St. John's-Wort aids in accelerating the healing process of wounds and burns. It is beneficial in overcoming the chronic fatigue syndrome and the anxiety, worry, stress, and tension of menopause.

Caution: Those who are breast feeding or in a pregnant state should consult a physician before using St. John's- Wort. It should not be used with other antidepressant drugs.

Instructions for Usage:

- Hot Infusion, A
- Cold Infusion, A

(For details, consult pages 6 and 7.)

St. John's-Wort

Hypericum perforatum

St. John's-Wort is a recognized natural antidepressant. It is beneficial for asthma and stomach ache



French Lavender

Lavandula stoechas

French Lavender contains substances that actively resist bacteria. It is a pain reliever and fortifies the heart.



French Lavender is a painkiller and imparts strength to the heart. It banishes lethargy and helps restore energy and robustness. It possesses an active property derived from rosmarinic acid, which regulates circulation, combats atherosclerosis, and aids as an anticoagulant. French lavender contains 1.8-cyneal, which acts as a bactericide and protects by being anti-allergenic, soothing, and anti-inflammatory for the nasal passages and vocal cords and relieving action on hypertension. French Lavender's powerful bactericidal action is efficacious in infections of the urinary system and eczema inflammation. French Lavender acts as a fortifier of the nerves and heart, relieves the pain of sinusitis, rheumatism, brain tumors, and nervous headache related to lung cancer and leukemia. It induces drowsiness and alleviates hypertension, circulation dysfunction, and symptoms of distress and fatigue.

Instructions for Usage:

- Hot Infusion, A
- Bath

(For details, consult pages 6 and 7.)

Horsetail is used in home remedies as a hot poultice to dissipate swelling in deep, festering wounds.

It soothes pain arising from rheumatism, gout, varicose veins, and neuralgia. Because of its diuretic property, it can be used to block the formation of calculi in the kidneys. Horsetail is quite beneficial for edema resulting from severe infectious disease. It may be used to halt internal ingest hemorrhaging and that of the liver and uterus, and hemorrhoids. Thanks to its silicic acid content, it may be efficacious in easing tuberculosis of the lungs, chronic bronchitis, and other ailments of the lungs. Horsetail is beneficial in relieving the pains of rheumatism, varicose veins, gout, and neuralgia, severe hemorrhaging, low urine output, and in disorders of the liver, kidneys, and bladder (calculi), and severe dermatitis. It is an herb recognized as possibly beneficial in combating cancer. Horsetail fights inflammation in the oral cavity and gums and bleeding gums. It can aid in purifying the blood.

Instructions for Usag:

- Hot Infusion, A
- Bath

(For details, consult pages 6 and 7.)

Horsetail

Equisetum arvense

Horstail is beneficial for ailments of the liver, kidney, and bladder and acts as a coagulant.



Cherry Stems

Prunus avium

Cherry Stems may be efficacious by their property as a diuretic and purifier of the blood.



In terms of natural support, the stem of the fruit is the most important part of the cherry. Cherry Stems exert a diuretic action and is a friend of the kidney and aids in discharging toxic matter from the body by means of the liver and kidneys and purifying the blood. Because it is diuretic, it can eliminate excess fluid in the body and thus assist in weight loss. It can curb diarrhea due to its binding property. By discharging uric acid and uric salts, Cherry Stems may be beneficial in the treatment of rheumatism and gout, calcification of the joints, and atherosclerosis. Due to the presence of quinic acid, it can prevent the formation of calculi in the kidneys and gradually expel any already formed in the kidneys and gall bladder and insure the normal secretion of bile. It can be beneficial for a distended liver. Due to its mineral (potassium) content, it can balance the fluids in the body. The Cherry Stems can boost the resistance of the body and the nerves. It can act as a febrifuge. Cherry blossoms can loosen the chest and eliminate coughing.

Instructions for Usage:

- Hot Infusion, B

(For details, consult pages 6 and 7.)

Coriander is known as an aphrodisiac, especially for women, but it may also be beneficial for men. Excessive use by men may result in a counter effect, however. It may also calm the nerves, stimulate the appetite, eliminate flatulence, lower blood pressure, and counteract dizziness. The coriander seed may be used to dispel weakness in the digestive action and lack of appetite. In aromatherapy, it can relieve distention, dyspepsia, and cramps. Coriander is also good for gastrointestinal ailments.

Instructions for Usage:

- Hot Infusion, A

(For details, consult pages 6 and 7.)

Coriander

Coriandrum sativum

***Coriander may be beneficial
in increasing bodily
resistance due to its high
vitamin C content.***



Lavender

Lavandula angustifolia

Lavender is known for its efficacy in fortifying the liver and preventing alopecia.



An infusion of the lavender flower is fortifying, diuretic, and relieves rheumatism. It possesses an exquisite fragrance. Applied externally, Lavender exerts a soothing effect. It is efficacious in counteracting liver failure, chronic liver infection, jaundice, vitiligo, psoriasis, and age spots. It is a relaxant. The lavender flower is beneficial in maintaining the healthy functioning of the liver, metabolism and preventing alopecia. By regulating the liver enzymes, Lavender boosts resistance against the hepatitis B and C viruses and fortifies the liver metabolism. A regimen of Lavender boosts treatment of liver inflammation.

Instructions for Usage:

- Hot Infusion, A
- Bath

(For details, consult pages 6 and 7.)

The leaves of Lemon Balm are soothing, dispel flatulence in the abdomen, act as a sudorific, and are antiseptic. They can relieve disquiet and distress and bolster weakness of memory. They eliminate complaints of dizziness and ringing in the ears. They may be beneficial in alleviating poor digestion, headache, and migraine. They may counteract ailments of the stomach and intestines derived from nerves and asthmatic attacks. Lemon Balm is antitussive for severe cough, overcomes sleep dysfunction, palpitations, shortness of breath, and by fortifying the heart it strengthens the memory. It can be used for irregular menses and menstrual cramps. Lemon Balm may be beneficial in restoring balance to the constitution and reinforcing the defense mechanism. A poultice may be applied in the case of stings by bees and insects, boils, wounds, and bruises. It can eliminate neuralgia and rheumatic pains. The leaves of Lemon Balm are recognized for their soothing property. They ease difficulty in falling asleep, restlessness, and irritability and functional heart disorders. They are also efficacious in treating microbic disease.

Instructions for Usage:

- Hot Infusion, A
- Cold Infusion, B

(For details, consult pages 6 and 7.)

Lemon Balm

Melissa officinalis

Lemon Balm relieves nervous ailments of the gastrointestinal system and asthmatic attacks.



Licorice

Glycyrrhize glabra

Licorice is used as a cooling beverage. It may be beneficial for ailments of the stomach and coughs.



Licorice loosens the chest, is expectorant, increases urine flow, and is a flavoring agent. With a delicious taste, it is a shiny black color. It dissolves easily in water. It may be beneficial for stomach ailments, particularly, gastritis. It protects the mucous membrane, is antiseptic, stimulates the adrenal glands, eases cramping, and is laxative.

Licorice root also produces positive results in the treatment of coughs and bronchial illnesses. It is used both in the treatment of stomach ulcers as well as in inflammation of the stomach lining and may be used for stomach ulcers and constipation. It alleviates cramping. Licorice root is not only a febrifuge, but it also assists the liver in filtering toxic substances. In the treatment of liver diseases like hepatitis and cirrhosis, Licorice root may be beneficial due to its detoxifying essential fatty acid gamma-Linolenic acid (GLA).

Licorice is used as a cooling beverage and quenches thirst and quells hunger pangs. It provides benefits such as endurance and resistance.

Instructions for Usage:

- Hot Infusion, A
- Cold Infusion, A

(For details, consult pages 6 and 7.)

Corn Silk is recognized as a reliable diuretic and, at the same time, aid in weight loss and the reduction of body fat. An infusion of Corn Silk can be beneficial in disorders of calcification in the urinary system, pulmonary edema and other kinds of edema, as well as kidney infection, a cold in the bladder, rheumatism and gout. In addition, Corn Silk can assist bedridden children and the aged suffering from incontinence and kidney pains.

Instructions for Usage:

- Hot Infusion, A

(For details, consult pages 6 and 7.)

Corn Silk

Corn Silk may be beneficial as a diuretic and to boost weight loss.



Chamomile

Matricaria chamomilla L.

Chamomile may be beneficial as a sudorific and tranquilizer as well as an antiinflammatory agent.



Chamomile can alleviate cramping and stomach ache, relieve flatulence, diarrhea, and skin eruptions, and act as an expectorant. In addition, it is beneficial in inducing the menses, amenorrhea, uterine complaints, insomnia, infection of the testis, fever sores, and toothache. Chamomile is not only sudorific and tranquilizing, and eases cramping, it also dries up inflammations, especially of the mucous membrane. Chamomile is known for its calming influence on the nerves. Bathing with an infusion of Chamomile added to the bath water can calm the central nervous system. It restores vitality to the complexion and hair. Holding one's head over the steam from a Chamomile infusion can relieve colds and sinusitis.

Instructions for Usage:

- Hot Infusion, A
- Bath

(For details, consult pages 6 and 7.)

Fennel eases flatulence in the stomach and possesses a sedative effect. Fennel leaves heal wounds and the root has a diuretic property. It relieves whooping cough, spleen disorders, and painful urination. It may be used for boils and weakness of the eyes. Fennel is incorporated in a number of medications as an active substance for its expectorant and calming effect and relief of a distended stomach. It can be easily administered to infants and young children with dyspepsia. Fennel relieves cramping in the gastrointestinal system. It can increase the flow of breast milk. An infusion of Fennel can be mixed with the baby food to prevent gas pains. In short, it is generally beneficial for indigestion, distention, lack of appetite, expectorant, difficult menses, inflammation of the eyelids, and irritability.

Instructions for Usage:

- Hot Infusion, A
- Bath

(For details, consult pages 6 and 7.)

Fennel

Foeniculum vulgare

Fennel is beneficial for complaints of the gastrointestinal system, lack of appetite, painful menses, and irritability.



Senna

Cassia sp.

Senna is widely used in Turkey as a natural laxative.



Senna activates the large intestine. It is a natural laxative in common use in Turkey. Containing anthraquinone, it can stimulate and evacuate the bowels in ten hours. It can increase the secretion of fluid and minerals in the large intestine and block their reabsorption.

Senna assists as an antiparasitic. It should not be used in the case of colitis and spastic constipation.

Instructions for Usage:

- Hot Infusion, A
- Cold Infusion, A

(For details, consult pages 6 and 7.)

Because of the binding effect of the pectin and tannin, Plantain may be efficacious in diarrhea. Its antibiotic property is recognized. Plantain may be used generally for ailments of the respiratory passages. With its expectorant property, it may be beneficial for coughs, whooping cough, pulmonary asthma, and pulmonary tuberculosis. Plantain is known may assist in purifying the blood, the lungs, and the stomach. It can be used to treat chapping, cuts, and bee stings. It can heal wounds of every description that have remained open for a long time. It may be particularly recommended in the case of the open sores of diabetic persons. External application of an infusion of Plantain is known may aid in healing acne.

Instructions for Usage:

- Hot Infusion, A

(For details, consult pages 6 and 7.)

Plantain

Plantago lanceolata

Plantain is known for its antibiotic property. It confers a healing action on sores, chapping, and cuts.



Hop

Humulus lupulus

Hop is known as a diuretic, febrifuge, and appetite stimulant. It may be beneficial as an anaphrodisiac in reducing sex drive.



Hop in small doses is an effective calming and sleep-inducing herb. High doses may cause nausea and vomiting. It is diuretic, tonic for the appetite, sudorific, and febrifuge. Because it can diminish sex drive, it may be recommended for males in small doses to prevent premature ejaculation. Its natural estrogen content makes it appropriate for menopausal complaints and induce the menses in young females who are amenorrheic despite their having come of age. Hop may be used as a gargle for toothache and sore throat. It may be beneficial to soothe restlessness and bring about drowsiness.

Hop is beneficial for heart irregularities with a nervous origin, arrhythmia, and mild depression. It can serve as a tonic to strengthen the constitution.

Instructions for Usage:

- Hot Infusion, A
- Bath

(For details, consult pages 6 and 7.)

Cinnamon is one of the most ancient spices in human history. It relieves flatulence in the stomach and intestines and, due to its mild astringent property, it can curb diarrhea and is binding. It stimulates the appetite, promotes digestion, suppresses nausea and the vomiting reflex, and it accelerates the circulation of the blood.

Instructions for Usage:

- Hot Infusion, B
- Cold Infusion, A

(For details, consult pages 6 and 7.)

Cinnamon Stick

Cinnamon Stick may be used in colitis, diarrhea, dyspepsia, spasms, and inflammation of the gastrointestinal system.



Cinnamon Latent Tea

Cinnamomum zeylanicum

Cinnamon Latent Tea is a dietary supplement with the property of restoring balance to the blood sugar level.



Cinnamon Latent Tea, a blend of cinnamon, thyme, okra flowers, and purple coneflower, is a natural dietary supplement. It can help reduce and regulate the blood sugar level and strengthen the immune and gastrointestinal systems and the organism. It may be beneficial for flatulence and spasms in the stomach and intestine. Due to its mild astringent property, it can constrict the arteries and tissues and offer binding relief in diarrhea.

Its property of stimulating the appetite and easing digestion assists in the functioning of the internal ingest system by quelling nausea and the vomiting reflex and calming the nervous sytem. Cinnamon Latent Tea can bolster and accelerate blood circulation.

Recommended usage of herbal teas:

It's recommended 1 spoon of tea added into a boiled cup of water, brewed 5-10 minutes before drinking.

The difference between green tea and black tea is that the leaves in green tea are dried immediately after picking. The leaves of black tea undergo the drying process in the presence of oxygen while the leaves of green tea are dried in an oxygen-free atmosphere and undergo no reaction. Both kinds of tea have antioxidant properties but those of green tea are much more powerful. When drunk regularly, Green Tea, thanks to its catechins content, can be helpful in reducing the risk of cancer of the lungs, stomach, intestines, liver, skin, and prostate. It may reduce tumors. It possesses an antioxidant twenty times more powerful than vitamin E. It may reduce the cholesterol level and regulate blood pressure and the level of blood sugar. It is beneficial as an antimicrobial and antiviral agent and preventing halitosis. It reduces stress, fatigue, and provides support to the body with its property of warding off drowsiness. It is a natural product that can strengthen the arteries. Green Tea may prevent the formation of caries, inhibit aging factors, prevent Alzheimer's, and reduce the toxic effects of cigarettes.

Recommended usage of herbal teas:

It's recommended 1 spoon of tea added into a boiled cup of water, brewed 5-10 minutes before drinking.

Green Tea

Camellia sinensis

Green Tea works to regulate blood circulation and dispel flatulence in the stomach and intestines.



Ginger

Zingiber officinale

Ginger is recognized as a stimulant, sudorific, and antiseptic and is beneficial in relieving flatulence. It is known to be beneficial for influenza and the central nervous system.



Ginger can be used for such gastrointestinal ailments as nausea, distention of the abdomen, and colitis. Thanks to its antiseptic property, it eases inflammation of the stomach and intestines and motion sickness. It stimulates the circulation of the blood and facilitates its bathing of the surface tissues. It is efficacious in cases of frostbite and habitually cold hands and feet. Ginger can restore hypertension to a normal level. Its beneficial action as a sudorific and febrifuge and its warming and calming properties assist in relieving coughing, influenza, colds, and other ailments of the respiratory passages. In addition, Ginger stimulates the appetite and alleviates constipation. It thins the blood, dilates the arteries, and acts as a coagulant. It aids in maintaining mental alertness, strengthening the memory, and the functioning of the brain. Ginger dissipates the negative side effects of medications on the stomach and intestines. It is beneficial in rheumatism and inhibits the production of chemicals that are pain receptors in the body and promotes circulation.

Instructions for Usage:

- Hot Infusion, B
- Cold Infusion, A

(For details, consult pages 6 and 7.)











AROMATHERAPIC OILS

Bitter Almond Oil

Oleum amygdalae amarae

When ingested, Bitter Almond Oil loosens the chest, is antitussive and vermifuge.



Bitter Almond Oil is a fixed oil extracted by manual cold press from ripe kernels. The composition of the bitter almond and of the sweet almond includes a fixed oil (50%) and an essential oil of bitter almond.

When ingested, Bitter Almond Oil acts to loosen the chest, is antitussive, lowers the blood sugar level, and expels vermifuge. It is known for its property of healing dry and chapped hands. Ingestion must be carefully monitored and should not exceed ten drops.

Applied externally, Bitter Almond Oil lubricates dry and chapped hands.

As a bodily massage, it can be used to relieve stress and fatigue.

Instructions for Usage:

- Massage
- Compress
- Ingestion

(For details, consult pages 8 and 9.)

Anatolian Sage contains a volative oil extracted by distillation from the flowers and leaves. It grows primarily in the Mediterranean regions of Muğla and Fethiye. Yellowish or colorless, Sage Oil possesses a special aroma and a pungent taste and contains up to 60% cineol. It has the property of alleviating flatulence, regulating the digestion, curbing perspiration, and increasing the flow of urine. Sage Oil may be ingested in a restricted quantity (3–5 drops per day) and drunk in a cup of liquid. Externally, Sage Oil is antiseptic and heals wounds. It also relieves stomach ache and dispels flatulence.

The reason this oil is known as Apple Oil is that some twigs of *Salvia trilobica* bear small, brownish green galls, looking very like an apple.

Instructions for Usage:

- Massage
- Compress
- Bath
- Ingestion

(For details, consult pages 8 and 9.)

Sage Oil

Oleum salvia officinalis

Sage Oil relieves flatulence, regulates the digestion, and increases the flow of urine.



Trout Oil

Oleum salmo trutta

Trout Oil is generally efficacious for rheumatism and pain in the muscles and abdominal hernia.



The trout is the most well-known member of the Salmonidae family and a close relative of the salmon.

Trout live in cold (10–15° C.), limpid, and oxygenated waters. It moves rapidly, possesses no fins, small scales, and, living in inland bodies of water, its flesh is one of the most delicious and meaty. Trout Oil is commonly used to ease the pain of rheumatism, muscles, and hernias. It may be applied externally to the affected areas by massage.

Because the composition of Trout Oil includes three unsaturated fatty acids, it can lower the cholesterol level by thinning the blood.

Caution: Prolonged use of Trout Oil can soften the bones and result in bone fracture.

Instructions for Usage:

- Massage
- Ingestion

(For details, consult pages 8 and 9.)

Aloe Vera Oil is extracted from the plant, native to Africa, by distillation. The oil, which contains a variety of enzymes, minerals, and proteins, speeds up blood circulation, activates skin lubrication, and aids in the regeneration of cells. It is known to cleanse the complexion and alleviate blemishes and acne. It is known to provide relief for allergenic and dry skin. Aloe vera has long been recognized as beneficial in the treatment of tissue exposed to burn and frostbite, and athletes have used it for years to prevent sprains, cramps, and muscle pain. The glycoprotein and polysaccharide content can bolster the immune system.

Aloe Vera Oil can be combined with the essential oils of meadow narcissus or St. John's wort to heal sunburn.

Instructions for Usage:

- Massage
- Compress

(For details, consult pages 8 and 9.)

Aloe Vera Oil

Oleum aloe barbadensis

Aloe Vera Oil can assist in increasing the circulation of the blood, in regulating the moisture balance of the skin, and in cell renewal.



Amber Oil

Liquidambar orientalis

It is known to have anti-inflammatory and anti-inflammatory properties.

Its utility as anti-inflammatory, anti-inflammatory, bactericidal and stimulant is known. Volatile oil is obtained by steam distillation from its raw state.

Colorless or volatile yellow, sweet, fragrant, sticky liquid. It has antiseptic, antimicrobial, anti-inflammatory, expectorant, antitussive, bactericidal and stimulating effects. The benefits of respiratory tract diseases such as colds, coughs, bronchitis, cuts and wounds, fungal diseases of the scalp (such as ringworm) are well known in scabies.

Instructions for Usage:

- Massage
- Compress
- Inhalation

(For details, consult pages 8 and 9.)



Aniseed Oil is colorless or pale in color and characteristically aromatic. The essential oil contains 75–90% anethole.

It is effective in the gastrointestinal system. Its volital oils ease flatulence, alleviate spasms, increase secretions, antiseptic and antimucosite, stimulates the appetite, increases breast milk, induces drowsiness, calming and estrogenic. Like fennel, Aniseed Oil dispels flatulence and is used in pediatric medicine.

Instructions for Usage:

- Massage
- Inhalation

(For details, consult pages 8 and 9.)

Aniseed Oil

Oleum anisi vulgaris

Aniseed Oil is known for relieving flatulence, easing spasms, inducing drowsiness, increasing breast milk and its analgesic and estrogenic properties



Juniper Oil

Oleum juniperus communis

It is known to have anti-inflammatory and anti-inflammatory properties.



Juniper oil is used in a short period of time when it is applied by massage in hernia, neck hernia, joint rheumatism and muscle pains. It gives a warm feeling to the painful areas and relieves the pain.

It is also known that it accelerates blood circulation and that the toxins in the body provide the removal of uric acids. Juniper oil relieves lumbar hernia, neck hernia and joint, muscle pain. Rheumatism, gout and arthritis disease is useful. It can also be applied by massage for eczema.

Instructions for Usage:

- Massage
- Compress
- External use

(For details, consult pages 8 and 9.)

Argan oil contains high concentrations of vitamin E (which contains 3 times the amount of olive oil), subcutaneous oil and sterols. It also has a high rate of antioxidant properties. Reduces wrinkles and tightens your skin.

The sun (UHV harmful rays) revitalizes your skin by eliminating the negative effects of smoking, stress, environmental pollution and by renewing the cells. May reduce skin irritation and inflammation. Effective under wrinkles. It is useful in the prevention of pregnancy cracks. It provides shine in worn and dull hair.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)

Argan Oil

Oleum argania spinosa

Argan gives the skin a they gave the cell a renewed appearance by allowing the cells to regenerate.



Horse Chestnut Oil

Aesculus Hippocastanum

It is a good expectorant and is known to be good for chest pains.



It is used to protect the blood vessels as well as for diseases such as arteriosclerosis, varicose veins, hemorrhoids. Increases the permeability of the capillaries in the body to benefit the circulatory system. In addition to the effect of sputum remover, chest pain is good. It provides benefit to bone diseases such as rheumatism, rheumatoid and arthritis.

It is an anti-aging, anti-aging oil thanks to its antioxidant properties. Increases blood circulation and strengthens capillaries. This reduces wrinkles and cellulite. Skin firming properties are known.

Instructions for Usage:

- Massage
- Compress
- Friction

(For details, consult pages 8 and 9.)

The avocado is native to the tropics of the Americas and is raised in the Mediterranean region of Turkey.

The oil is a clear, medium to dark green color. It is rich in protein, vitamins, and fatty acids. Avocado Oil nourishes and lubricates a dull and dry complexion. It is an excellent choice for restoring vitality to mat and tired skin.

Instructions for Usage:

- Massage
- Bath
- Friction

(For details, consult pages 8 and 9.)

Avocado Oil

Oleum persea americana

Avocado Oil is a nourishing oil for a dull, mat, and dry complexion. It is especially beneficial for lifeless and aged skin.



Calendula Oil

Oleum calendula officinalis

Calendula Oil fortifies the constitution in the renewal of cells, healing of wounds, and sunburn.



Calendula Oil is obtained by distillation from the flowers, which contain only a relatively small proportion of oil. The oil represents an abundant source of carotene. It is antiseptic and constricts the walls of the blood vessels. It renews cells and heals wounds. It can smooth dry and chapped skin.

It assists in the treatment of cellulite and sunburn.

Calendula Oil alleviates hemorrhoids, eczema, insect bites, heat rash, and leg ulcers. It is antifungal.

Instructions for Usage:

- Massage
- Compress
- Inhalation
- Bath
- Friction

(For details, consult pages 8 and 9.)

It is emollient for the skin and nourishes and regenerates cells.

Sweet Almond Oil is the ideal choice for dry, irritated, and sensitive skin. It endows sensitive and fragile complexions with softness. It can be used to massage the roots of the hair. It is beneficial for eczema. Sweet Almond Oil is an oil suitable for infant care and can be used to remove makeup.

Instructions for Usage:

- Massage
- Compress
- Friction

(For details, consult pages 8 and 9.)

Sweet Almond Oil

Oleum prunus amygdalus

Sweet Almond Oil is a clear, pale yellow oil. It is obtained by expression of the almond kernels and contains essential oil acids.



Bergamot Oil

Oleum citrus bergamia

Bergamot Oil is known to alleviate acne and boils. It is beneficial for oily skin, eczema, insect bites, and cuts.



Bergamot Oil is extracted by cold press from the rind of fruit that is nearly ripe. It imparts a balancing effect and combats spells of pessimism. A relaxant and tonic, Bergamot Oil can ease sleep disturbances and nervous tension. Its antiseptic property is efficacious for eruptions like acne and boils. It alleviates complaints of the skin, like an oily complexion, eczema, scabies, insect bites, and cuts.

Direct application to the skin should be avoided, it may result in phototoxicity.

It is especially suitable as a disinfectant for cysts and ailments of the urinary system. It alleviates muscle tension and activate the kidneys and the functions of the glands above the kidneys. Bergamot stimulates the appetite and is known to stimulate bile secretion. The fragrance of Bergamot Oil acts as an insect repellent.

Caution: Bergamot Oil heightens the sensitivity of the skin to sunlight. Because it may cause problems of skin pigmentation, one should avoid exposure to the sun after application to the skin or while sunbathing.

It should be used only in a diluted form. It is unsuitable for use with sensitive skin.

Instructions for Usage:

- Compress
- Inhalation

(For details, consult pages 8 and 9.)

The essential Rosemary Oil is colorless or yellow, with a fresh minty or woody balsamic fragrance. It is extracted from the fresh flowers or the whole plant by distillation. It is manufactured in Spain, Tunisia, and France.

Rosemary Oil is invigorating and a stimulant for the circulatory system. It is known to be beneficial for aches, pains, sprains, failure of the circulatory system, muscular fatigue, and hypotension. It is employed as a fortifier of the nervous system. In ailments related to stress, it can alleviate mental fatigue, eczema, acne, dandruff, and alopecia. It is known for its antiseptic, bactericide, and antifungal properties. It is known to alleviate pains related to the menses and vaginal discharges. It relieves spasms in the gastrointestinal system, intestinal flatulence, constipation, and dyspepsia. It assists in regulating the digestion. Rosemary Oil can combat the common cold and influenza.

Caution: The use of Rosemary Oil should be avoided during pregnancy. It is unsuitable for those afflicted with epilepsy or hypertension.

Instructions for Usage:

- Massage
- Bath

(For details, consult pages 8 and 9.)

Rosemary Oil

Oleum rosmarinus officinalis

Rosemary Oil alleviates aches and sprains, failure of the circulatory system, and muscular fatigue.



Wheat Germ Oil

Oleum triticum vulgare

Wheat Germ Oil contains a high percentage of vitamin E and nourishes, revitalizes, and softens the skin.



Wheat Germ Oil is a fixed oil extracted by cold press from newly germinated wheat and contains linoleic acid, lecithin, enzymes, and fatty acids. With its high vitamin E content, it is known for its properties of nourishing, softening and renewing the cells of the skin. It can be used to assist in alleviating cellulite, burns, wounds, skin problems, and wrinkling. Wheat Germ Oil can fade discoloration of the skin caused by the sun and pregnancy. By ensuring the regular functioning of the intestines, it can assist the body in expelling flatulence. It can be used for allergenic and dry skin. It is known as a natural antioxidant and prevents oxidation. Wheat Germ Oil can increase the absorption properties of the skin.

Instructions for Usage:

- Massage
- Bath

(For details, consult pages 8 and 9.)

Walnut Oil is a fixed oil obtained from the fruit by cold press. It is pale yellow in color with a sweetish taste.

It has been observed to reduce the level of LDL cholesterol in the blood. In addition, walnut oil may be used as a laxative. It is good for dry, dull skin and aging complexions. It is beneficial for nourishing the scalp. It can prevent alopecia. Walnut Oil may eradicate crow's feet and creasing on the perimeter of the lips.

Notice must be observed in regard to its calory content and the possibility of individual allergy.

Instructions for Usage:

- Massage
- Bath
- Ingestion

(For details, consult pages 8 and 9.)

Walnut Oil

Oleum juglans regia

Walnut Oil is known to reduce the level of low- density lipoprotein in the blood.



Spirits of Turpentine

Oleum terebenthinae

Spirits of Turpentine may be applied externally for rheumatic pain. It is known for its positive effect in maintaining healthy hair



Spirits of Turpentine is an essential oil, colorless, with a distinctive fragrance and acrid taste, extracted by distillation from the wood of pine or the turpentine tree.

Externally, it can be used to relieve rheumatic pain, draws blood to the surface, and is analgesic. In addition, Spirits of Turpentine can be recommended for correcting hair problems, such as hair loss, listless and brittle hair, and dandruff.

Instructions for Usage:

- Massage
- Inhalation
- Bath
- Friction

(For details, consult pages 8 and 9.)

The essential Tea Tree Oil is colorless or pale yellowish-green, with a fresh, spicy camphor aroma. The essential oil of the tea tree can be used against inflammations and fungi. It can be used as a tonic

for the immune system and in fighting infection. It combats infections of the urinary system and reproductive system. It is efficacious in cleansing infected wounds and cuts and in preventing scarring.

Tea Tree Oil aids in treating skin problems, like cold sores, burns, blisters, warts, acne, and heat rash. It can be beneficial for insect bites, infections of the respiratory system, the common cold, and influenza. It acts as a febrifuge and eliminates lice and fleas and unpleasant odors. Caution: When used as a mouth rinse or gargle, Tea Tree Oil should not be swallowed. For people with sensitive skin, it should be used with caution.

Instructions for Usage:

- Massage
- Friction

(For details, consult pages 8 and 9.)

Tea Tree Oil

Oleum melaleuca alternifolia

Tea Tree Oil possesses bactericide, antiviral and antifungal properties. It aids in the eradication of skin discolorations.



Chinese Oil

Oleum mentopiperita

The benefits of migraine, toothache, cough, and hoarseness are known.



Chinese oil, cold, nasal congestion, upper respiratory tract infection complaints, nausea, gas expectorant, deodorizing, mild local anesthetic effect and oil due to the refreshing properties of the pain is used as a support for treatment.

It's good for cough and hoarseness. It is effective in relieving bad breath in toothache, headache and migraine pain, oral care. Stomach disorders, gas and indigestion complaints, can be used in insect bites. Prevents itching and fungi. Also good for muscle and muscle pains. Relieves pain in menstrual period.

Instructions for Usage:

- Massage
- Bath

(For details, consult pages 8 and 9.)

Oil of Black Cumin is a reddish chestnut-colored fixed oil extracted from the seeds of black cumin by cold press.

The oil contains the chemical element selenium required by the immune system as well as important minerals, like zinc, iron, copper, and calcium. These possess the property of bolstering the immune system. By its stimulating action on the capillaries, it regulates the bloodstream. Ingested, it has been observed to promote digestion. Externally, it is nutritional, antiseptic, and tonic. Used to massage the scalp, Oil of Black Cumin can prevent alopecia and dandruff.

Caution should be observed for the possibility of individual allergic reaction.

Instructions for Usage:

- Massage
- Friction
- Ingestion

(For details, consult pages 8 and 9.)

Black Cumin Oil

Oleum nigella sativa

Oil of Black Cumin fortifies the immune system. It is beneficial in regulating blood circulation and digestion.



Laurel Oil

Oleum lauri expressum

Laurel Oil may be used as a massage oil to prevent cellulite, nourish the hair, and eliminate dandruff.



Its property of accelerating the circulation of the capillary system makes Laurel Oil ideal as a preventative for cellulite when combined with sesame oil. It can also be used to nourish the hair and eliminate dandruff from the scalp. Due to its activation of the microcirculation of the capillary vessels that nourish the hair follicles, when mixed with sesame oil, Laurel Oil can be rubbed on the scalp.

Instructions for Usage:

- Massage
- Compress
- Inhalation

(For details, consult pages 8 and 9.)

Egza Oil is prepared from a special AWE Laboratories® formula designed to alleviate eczema and which is enhanced by its antiseptic properties. It aids in relieving itching dermatitis and redness of skin. By nourishing the skin, Egza Oil is efficacious in soothing and healing irritated skin.

Egza Oil is able to inhibit the chapping and swelling of dry skin.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)

Egza Oil

Egza Oil works to prevent dry skin and chapping.



Apple Oil

Oleum malus pumila

Apple Oil is antiperspirant, diuretic, and relieves gas in infants.

Apple Oil possesses the property of antiperspirant, diuretic, and alleviates the discomfort of gas in infants. It helps relieve the discomfort of bronchitis and asthma and restores regularity to the menses.

It makes hair soft and shiny. Apple Oil may be applied to dry, chapped skin, and it is also effective in treating acne and inflammation of the oil glands.

A massage with Apple Oil soothes the complexion and revitalizes the hair.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)



Exceeding the efficacy of other essential oils, Sweet Basil Oil is an herb whose foremost property is its calming effect on nerves. It dissipates mental fatigue and increases the powers of concentration and is especially valuable for its tonic and antidepressant effect. Sweet Basil Oil is the first choice for the relief of migraine and anxiety, insomnia, and nervous tension.

All infections of the chest passages and chronic colds can be eased by its antiseptic and expectorant qualities. It alleviates ailments of the digestive system, nausea, vomiting, and stomach ache; it also dissipates spasms and flatulence and promotes digestion. Because of its anesthetic and antiseptic properties, it can be used to massage wasp stings and insect bites and it eases tired muscles after strenuous physical workouts or exercise activity. Sweet Basil Oil is beneficial for the relief of discomfort caused by arthritis and gout.

Caution: Sweet Basil Oil is not recommended during pregnancy. It may irritate sensitive skin. Excessive use can give rise to depression.

Instructions for Usage:

- Massage
- Inhalation
- Friction
- Ingestion

(For details, consult pages 8 and 9.)

Sweet Basil Oil

Oleum ocimum basilicum

Truly a superior essential oil, Sweet Basil Oil soothes the nerves. It is beneficial for mental fatigue.



Evening Primrose Oil

Evening Primrose Oil is particularly beneficial for complaints of the premenstrual syndrome and menopause.



Evening Primrose Oil is a fixed oil expressed from the seeds of the evening primrose (known also as sundrops).

It relieves tension during the menses, eases distress and pains in the stomach, and alleviates headache.

Evening Primrose Oil can increase powers of concentration. It soothes inflammation of the skin caused by eczema. It can be beneficial for dry skin, alopecia, and rheumatism and for swelling and pain in the joints.

Evening Primrose Oil can be used in the treatment of rheumatoid arthritis, and it also lowers cholesterol. It is efficacious for atopic dermatitis, eczema, mastalgia, poor concentration, and dementia and promotes healthy skin and nails. It can also be used for alopecia and dry skin.

Caution: Because Evening Primrose Oil increases the production of estrogen, it should be used in consultation with a physician. Side effects observed in rare instances include nausea, edema, and headache.

Instructions for Usage:

- Massage
- Inhalation
- Ingestion

(For details, consult pages 8 and 9.)

Glycerin is a transparent, colorless, slightly sweet, syrupy fluid that is water soluble. It contains vegetable fats. It is recognized for its skin nourishing and softening properties. It can eliminate chapping.

Glycerin aids in the healing of skin ailments and in the care of skin and nails. Its furnishes pain relief for rheumatism.

Instructions for Usage:

- Massage
- Friction

(For details, consult pages 8 and 9.)

Glycerin Oil

Glycerin is beneficial for chapped skin. It can help reduce rheumatic pain.



Grapefruit Seed Oil

Oleum citrus paradisi

Grapefruit Seed Oil alleviates acne and oily skin. With a refreshing and piquant aroma, it is known for dissipating anxiety, easing the mind, and boosting the morale.



Grapefruit Seed Oil is an essential oil extracted by cold press from the rind of the fruit. It is beneficial for the common cold, headache, fatigue, and acne inflammation and oily skin. Like an antidepressant, it relieves anxiety, eases the mind, lifts the morale, and refreshes.

Used to relieve tension, Grapefruit Seed Oil acts as a relaxant when blended with the oils of sweet basil, rose, and lavender. For added health protection, it can be used to freshen the air in a sickroom. It can be used in Aromatherapy lamps with the oils of mint, lavender, and lemon.

Moreover, by combining a certain amount with fixed oils, Grapefruit Seed Oil can be used in cellulite treatment and to eliminate stretch marks.

Instructions for Usage:

- Massage
- Inhalation
- Bath

(For details, consult pages 8 and 9.)

Poppyseed Oil is a fixed oil extracted by cold press from the seeds. It is pale yellow or golden yellow.

It is rich in omega fatty acids.

It may be beneficial for the respiratory passages. It is mildly analgesic and numbing. This makes Poppyseed Oil ideal for use as a gargle in the case of toothache and conditions of mild pain and insomnia. Ingested, it alleviates coughing, curbs diarrhea, and calms the nervous system. Externally, it can be applied to boils. Caution should be observed in its use when driving a vehicle because it can cause drowsiness. Poppyseed Oil may be added to some pastries to impart a distinctive aroma. It is known for its laxative properties. It may be used to dilute the concentration of other oils. In external use, it nourishes the skin as a massage oil.

Instructions for Usage:

- Massage
- Inhalation
- Friction

(For details, consult pages 8 and 9.)

Poppyseed Oil

Oleum papaver somniferum

Applied externally, Poppyseed Oil can be used to nourish the skin. It is known for its property as an analgesic and of promoting drowsiness.



Carrot Oil

Oleum daucus carota

Carrot Oil is well-suited for every skin type, particularly dry, wrinkled skin. It serves as a good tanning agent.



UCarrot Oil is a essential oil, transparent and yellow in color. It possesses a spicy aroma like fresh carrots.

It is known to be beneficial for the liver on account of its vitamin A content. It is nutritious, revitalizing, and sustaining. It is excellent for imparting elasticity and softness to skin. It may be used with every skin type. It is especially beneficial for smoothing dry, wrinkled skin. When used to treat sunburn, Carrot Oil prevents stretching of the skin and accelerates healing. It may be used as a massage oil. It contains beta-carotene, and vitamins B, C, D, and E. It is regenerative, tones the tissues, increases skin resistance, healing, and provides protecting against the rays of the sun. Carrot Oil is a good tanning agent. As a massage, it can be beneficial for combating inflammation of the skin and cellulite.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)

Coconut Oil is obtained by pressing the flesh of the ripe coconut. Due to its lauric acid content, it possesses antiviral and bactericide properties. Research has shown that Coconut Oil can lower total cholesterol, triglyceride, phospholipid, and LDL and raise the level of HDL levels in the serum and tissues. The polyphenol in the oil can reduce LDL oxidation. In addition, Coconut Oil may also be beneficial for alopecia.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)

Coconut Oil

Oleum cocos nucifera

Coconut Oil reduces low density lipid levels and increases the level of high-density lipids in the serum and the tissues.



Borage Oil

Oleum borrego officinalis

Borage Oil is known to be efficacious in the renewal of skin cells and in assuaging the discomfort of the premenstrual syndrome.



Borage Oil is a pale yellow oil obtained from the seed by cold press. It contains gamma linoleic acids.

Ingested, the oil helps diminish the distress of the premenstrual syndrome and promote the lubrication of the joints and skin. It can renew and maintain cells. Used externally, Borage Oil is suitable for every type of complexion and, when blended with the oil of avocado, jojoba, or almond, it has proved beneficial for ailments like eczema and psoriasis. Borage Oil can be used for prematurely aging skin.

Instructions for Usage:

- Massage
- Inhalation
- Friction
- Ingestion

(For details, consult pages 8 and 9.)

Skin irritation, irritation due to irritation, skin peeling, skin healing properties. It also relieves itching in skin diseases such as eczema and psoriasis. It gives moisturizing effect when you rub it on your face.

It gives shine to the skin, slows the formation of freckles and is effective in preventing wrinkles. It has a soothing effect, calms the nerves stretched due to anxiety, reduces stress. However, it is used as a diuretic as an aid in the treatment of liver and gall bladder diseases.

Instructions for Usage:

- Massage
- Bathroom

(For details, consult pages 8 and 9.)

Lime Oil

Oleum tilia cordata

It is known to be beneficial in pain, sprains, circulatory system insufficiency, muscle fatigue.



Nettle Seed Oil

Oleum urtica dioica

Nettle Seed Oil is known for its property of maintaining the immune system and nourishing the complexion.



Nettle Seed Oil (also known as the Oil of Rejuvenation) contains alpha-hydroxy acid (AHA), which activates the epithelial cells in the mesoderm layer of the skin and blocks cell oxidation; this endows it with efficacy in combating aging skin. Nettle is a plant that can help alleviate the discomfort caused by allergens. Its property of cell renewal can activate the hair follicles and prevent hair loss.

Its popularity has continued to the present for its capacity to stop rheumatic pain, act as a diuretic and a laxative.

Nettle Seed Oil can lend support to the immune system. To this end, it should be used at the recommended dosage for a period of at least two months in the spring and autumn.

Instructions for Usage:

- Massage
- Compress
- Ingestion

(For details, consult pages 8 and 9.)

The essential Oil of Rose Geranium possesses revitalizing and healing properties. It promotes a state of balance in the nervous system and relieves depression, hyperactivity, stress, anxiety, depression, and apathy. It heals ulcerated wounds, soothes and constricts arteries, and successfully aids in the treatment of acne, burns, blisters, hemorrhoids, cuts, eczema, blood blisters, heat rash, and arthritis. Its antiseptic properties make it beneficial for ulcers of the oral cavity, sorethroat, cuts, and infections. Oil of Rose Geranium can boost a poorly functioning circulation and lymphatic system. It can act to strengthen the kidneys and liver and help stanch hemorrhaging. It alleviates the complaints of menopause and the premenstrual syndrome, and Oil of Rose Geranium is known for establishing a state of balance in the mind and body.

Instructions for Usage:

- Massage
- Inhalation
- Bath

(For details, consult pages 8 and 9.)

Oil of Rose Geranium

Oleum pelargonium odoratissimum

Oil of Rose Geranium is beneficial for acne, burns, blisters, hemorrhoids, cuts, eczema, heat rash, and arthritis.



Spindle Flower Oil

Oleum elaeagnus l.

It can be used as supplementary herbal supplements in mouth sores, cough and diarrhea.



It is used in blended oils due to its skin care and aromatherapy odor. Cough and diarrhea. Removes bowel disorders and mouth rust. Gives strength to the body. Increases sexual power. Useful for kidneys. Reduces eczema complaints. Useful for colds and flu. Prevents vomiting. Heal wounds. Gives strength to the body. It removes smells. It has antiseptic effects. It treats mouth sores. Eliminates bowel disorders. It lowers fever. It is used as a booster in the immune system. Due to the high percentage of vitamin C used as a protection against flu and colds.

Instructions for Usage:

- Massage
- Inhalation

(For details, consult pages 8 and 9.)

Jojoba Oil is a special waxy oil transparent yellow oil obtained by pressing the fruit. It is a heavy oil with a consistency resembling sebum, the natural skin lubricant. It long maintains its integrity and seldom becomes rancid.

The pH stabilizer content offers protection against the damaging effects of environmental pollution. It activates cell renewal and is antiallergenic. Due to its property of adapting to the skin and ease of penetration, it can be used for dry skin, wrinkling, eczema, and infected skin. Jojoba Oil provides natural support for the rapid healing of wounds.

Instructions for Usage:

- Massage
- Inhalation
- Friction

(For details, consult pages 8 and 9.)

Jojoba Oil

Oleum simmondsia chinensis

Jojoba Oil is beneficial for dry and wrinkled skin, eczema, and skin infections.



Pumpkin Seed Oil

Oleum cucurbita pepo

Pumpkin Seed Oil maintains the immune system. It discharges toxins, strengthens muscles, and inhibits the enlargement of the prostate.



The fixed oil obtained from the pumpkin seeds by cold press is rich in vitamin E and selenium, zinc, magnesium, and copper. Pumpkin Seed Oil possesses antioxidant and anti-inflammatory properties. It assists in fortifying the connective tissue and muscles. This makes it recommendable to athletes. It can inhibit the enlargement of the prostate. It can lower the cholesterol level, and it can be used for expelling intestinal parasites, such as the tapeworm. It is a storehouse of vitamin E. It is a powerful antioxidant. Pumpkin Seed Oil can renew cell membranes and soften and smooth the complexion. It assists in retarding the aging of skin. By supporting the immune system, it can eliminate toxins and protects against infection. Pumpkin Seed Oil is suitable both for ingestion and for external use.

Instructions for Usage:

- Massage
- Friction
- Ingestion

(For details, consult pages 8 and 9.)

Cocoa Butter is a fixed oil obtained by cold press from the cocoa bean. The beans contain roughly 50% fixed oil. It is a stimulant, tonic for the appetite, and diuretic. It eases digestion. Due to its caffeine content, it is calming and stimulant. It can aid in discharging toxins from the body and healing inflammation of the kidneys. It is an excellent tanning product for summer. Cocoa Butter may be used externally to prevent and soothe hemorrhoidal swellings, sores and chapping on the breasts. When used for this purpose, Cocoa Butter should be warmed slightly to liquefy it.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)

Cocoa Butter

Oleum theobroma cacao

Cocoa Butter alleviates hemorrhoidal swellings and sores and chapping of the breasts. It may used as a tanning agent.



Camellia Oil

Oleum camellia japonica

Camellia Oil is appropriate for dry, sensitive, and allergenic skin.



Camellia Oil is a fixed oil obtained from the seeds by cold press. It possesses the property of lubricating and revitalizing dry, sensitive, and allergenic skin.

In Japan, Camellia Oil is a popular skin care product. It is a valuable oil known to be extremely beneficial

for the care of the complexion, the throat, and the hands. It endows the hair with shininess and vitality.

Camellia Oil is known for its property to soothe and relax, and penetrate the skin.

Instructions for Usage:

- Massage
- Inhalation
- Bath

(For details, consult pages 8 and 9.)

Oil of St. John's-Wort inhibits infection and is astringent and analgesic; it also eases cramps. It can increase sensitivity to light (photosensitize). It can alleviate muscle pain. It may be applied externally to hemorrhoids. Blended in proportion with lavender oil, it can be used to treat sunburn under a physician's care.

Principally, Oil of St. John's-Wort is efficacious for stomach ulcers, gastritis, and the liver, and as a vermifuge; it acts as stimulant for the digestive system and is febrifuge, diuretic, and activates the functionin of the salivary glands. It promotes digestion, eases stomach pain, and can curb diarrhea. It can boost the white cell count, defend against microorganisms, and revitalize the body.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)

Oil of St. John's Wort

Oleum hypericum perforatum

***Oil of St. John's Wort
can be used to treat
infection, pain, cramps,
and burns.***



French Lavender Oil

Oleum Lavandula stoechas

Because French Lavender Oil is antiseptic and analgesic, it is beneficial for wounds and eczema.



French Lavender Oil is an essential oil extracted by distillation from the stalk, leaves, and flowers. It is a pale yellow liquid, with the scent of camphor.

Antiseptic and analgesic, it aids in healing wounds. French Lavender Oil efficacious for eczema

inflammation. It can be used as a calming agent for epilepsy and asthma. Its properties include analgesic, tranquilizer, and expectorant. Ingested, it is an antimicrobialagent for the urinary system and externally it can be used to treat simple wounds.

French Lavender Oil can alleviate nervous headache, insomnia, and hypertension.

Instructions for Usage:

- Massage
- Inhalation

(For details, consult pages 8 and 9.)

Black Pepper Oil is obtained by distillation from the dried, crushed pepper corns. The essential oil can be used as a stimulant for the nervous system, circulatory system, and digestive system. It can stimulate appetite.

It has expectorant properties. With its blistering and burning effect, it can alleviate rheumatism, arthritis, and injured muscles.

Black Pepper Oil should be diluted with other oils before applying to the skin. Ingested, its laxative property is beneficial.

Instructions for Usage:

- Massage
- Ingestion

(For details, consult pages 8 and 9.)

Black Pepper Oil

Oleum Piper nigrum

Black Pepper Oil can stimulate the nervous and circulatory systems. It is known as a tonic for the appetite. It can ease rheumatic and muscle pain.



Clove Oil

Oleum eugenia caryophyllata

Clove Oil is recognized for its antiseptic and analgesic properties and for its capacity to ease digestion.



Clove Oil is an essential oil obtained by distillation from the flower buds. It is composed of 75–95% eugenol.

It is known to be antiseptic and anesthetic. Ingested, it promotes digestion, eliminates bad breath, stimulates the appetite, increases the sex drive, curbs diarrhea, and facilitates delivery. Clove Oil is analgesic and effective in relieving toothache. It also alleviates spasms. It should not be applied to the skin.

Instructions for Usage:

- Massage
- Inhalation
- Bath
- Gargle

(For details, consult pages 8 and 9.)

The melon seed possesses the vital property of boosting the sperm count.

Melon Seed Oil is known to alleviate coughing and chest pain. It can ease tuberculosis and obstructions in the lungs. It is also beneficial as a vermifuge, an antiparasitic, and in expelling calculi in the kidneys. It can counteract iron-deficiency anemia and relieve complaints of gout and rheumatism. Offering relief for nervous tension, Melon Seed Oil can insure a comfortable, sound sleep.

Instructions for Usage:

- Massage
- Friction

(For details, consult pages 8 and 9.)

Melon Seed Oil

Oleum citrullus lanatus

Melon Seed Oil eases coughs and chest pain, is vermifuge and counteracts iron- deficiency anemia and rheumatic complaints.



Apricot Kernel Oil

Oleum prunus armeniaca

Apricot Kernel Oil can be applied to all complexion types, especially skin that is sensitive and dry. It is known for its efficacy in combating wrinkling.



Apricot Kernel Oil is a fixed oil obtained by cold press from the apricot kernel. Rich in vitamins and minerals, the oil bolsters cell renewal, lubricates, and activates the metabolism of the skin.

Apricot Kernel Oil may be applied to all skins, especially sensitive and dry skin. It aids in smoothing wrinkles caused by aging.

Instructions for Usage:

- Massage
- Friction
- Ingestion

(For details, consult pages 8 and 9.)

Thyme Oil is an essential oil efficacious against all infections as an antimicrobial agent. It maintains the action of the stomach, aids the digestion, and is diuretic. It counteracts rheumatism. It can assist treatment of gout, cellulite, and arthritis, and it may be beneficial in boosting poor circulation and alleviating pain in the joints and muscles. With its stimulant effect on the immune system, it can soothe colds, influenza, catarrh, and cough. Diluted, Thyme Oil can be used to clean burns, bruises, wounds, and lice. Used as a gargle, it can help heal infection and abscess of the gums. The essential oil possesses a pleasant aroma that relieves stress, headache, and depression.

Caution: Thyme Oil must be well diluted or it may cause irritation for those who are sensitive. It should not be used by those with hypertension or during pregnancy. It should not be used in combination with homeopathic remedies.

Instructions for Usage:

- Massage
- Bath
- Gargle

(For details, consult pages 8 and 9.)

Thyme Oil

Oleum thymus vulgaris

Thyme Oil is beneficial for rheumatism. Its stimulant property may ease pain in the joints and muscles.



Flax Seed Oil

Oleum linum usitatissimum

Flax Seed Oil can aid in Alzheimer's and Parkinsonism and retard neural aging.



Flax Seed Oil can relieve symptoms of menopause, such as irritability, dry skin, and hot flashes and prevent osteomalacia and osteoporosis. In prostate problems, it can protect and extend support in treatment.

Flax Seed Oil can be used externally. On a regular basis, rub the scalp with the oil once a week, let it remain for half an hour, then wash once with a neutral cleaner (neither soap nor alkali shampoo), and rinse to obtain clear results.

Ingested, the oil raises resistance and represents the primary support in all rheumatoid diseases and inflammations.

It is beneficial in children's diet as a support for mental and nervous development and, in the diet of the aged, it serves to retard neural aging. Caution: Though no side effect of Flax Seed Oil is known, an individual allergic reaction may be possible.

Instructions for Usage:

- Massage
- Friction
- Ingestion

(For details, consult pages 8 and 9.)

Cumin Oil is a fixed oil obtained by cold press and which contains essential oils that are efficacious for the gastrointestinal system. It eases spasms, dispels flatulence, and stimulates the appetite. It is known for its antimicrobial action. In folk medicine, Cumin Oil is ingested to ease digestion, relieve flatulence, and alleviate spasms. As a flavoring and condiment, it is added to salads, balsamic vinegar, and meat dishes. When combined with olive oil in a ratio of 1:10, Cumin Oil may be applied externally to relieve spasms by massaging the abdominal area.

Instructions for Usage:

- Massage
- Ingestion

(For details, consult pages 8 and 9.)

Cumin Oil

Oleum cuminum cyminum

***Cumin Oil promotes
digestion, relieves
flatulence, and alleviates
spasms.***



Coriander Oil

Oleum coriandrum sativum

Coriander Oil is analgesic and alleviates spasms and rheumatism.

It dispels flatulence and acts as tonic for the nervous and cardiovascular systems.



Coriander Oil is an essential oil obtained by distillation of the crushed ripe seeds. It is colorless or pale yellow with a spicy aroma.

It is recognized for its analgesic, antioxidant, spasm relieving, and antirheumatoid properties, and it dispels flatulence and eases digestion. It can stimulate the circulation, nervous, and cardiovascular systems. Coriander Oil acts as a bactericide and antifungal agent.

Instructions for Usage:

- Massage
- Ingestion

(For details, consult pages 8 and 9.)

Candlenut Oil is obtained by cold press from the walnut like fruit of the kukui tree, the national tree of Hawaii and where it has been used for centuries in skincare. It is native to the South Seas and contains abundant quantities of vitamins A, B, and C. It is rich in these vitamins and the omega-3 fatty acids that strengthen the lipids of the stratum corneum. It can be used to correct skin dysfunctions, dry skin, acne, and inflammation. It nourishes the cells, strengthens the connective tissue, and is known for maintaining restoration of the skin. Candlenut Oil can aid in removing bags beneath the eyes and sagging in the throat area. It is beneficial in eliminating cellulite and stretch marks.

Instructions for Usage:

- Massage
- Inhalation
- Bath

(For details, consult pages 8 and 9.)

Candlenut Oil

Oleum aleurites moluccana

Candlenut Oil nourishes the cells, fortifies the immune system, and is beneficial for cellulite and stretch marks.



Bistort Oil

Oleum polygonum bistorta

Antiseptic and efficacious in increasing urine output, Bistort Oil is especially beneficial for ailments of the joints.

Bistort Oil is antiseptic and can boost the flow of urine. Used as a gargle, it is beneficial for complaints of the oral cavity, and it is effective in preventing constipation and can stanch hemorrhaging.

Bistort Oil is especially beneficial for discomfort in the joints. It alleviates gout, rheumatism, and chronic constipation. It possesses the capacity to alleviate pain in joints that have undergone visible damage and a sense of improvement.

Bistort Oil alleviates shortness of breath at night, a typical symptom of scirrosis of the liver.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)



Rosehip Oil is obtained by cold press from the ripe seeds of the rosehip. It is rich in essential fatty acids. Its natural properties are cell renewal and lubrication. It is beneficial for dry, chapped, and mature skin.

Rosehip Oil diminishes the effects of premature aging and wrinkles in the eye area and helps heal wound tissue, psoriasis, and mild sunburn. It should not be used with oily skin or skin inflamed by acne.

Rosehip, a potent diuretic, is known to aid in the rapid healing of wounds. Rich in vitamins A, B, and especially C, rosehips fortifies the constitution, provides the body with store of resistance against colds, constipation, and its binding property helps curb diarrhea.

Instructions for Usage:

- Massage
- Inhalation
- Bath
- Friction

(For details, consult pages 8 and 9.)

Rosehip Oil

Oleum rosa canina

Rosehip Oil renews cells and lubricates. It helps smooth the network of wrinkles at the outer corner of the eyes.



Nutmeg Oil

Oleum myristica fragrans

Nutmeg Oil is antiseptic in external application, and, ingested, it provides relief for flatulence and abdominal pain.



Nutmeg Oil is an essential oil distilled from the seeds of the nutmeg tree. Colorless or yellowish, it is a liquid that exudes a strong, distinctive aroma. In external application, it has an antiseptic effect and taken internally it can dispel flatulence and ease abdominal pains.

Nutmeg Oil is yellowish in color and contains reddish particles. At room temperature, it has the consistency of butter. Its distinctive aroma is accompanied by a hot and spicy flavor. It may be used externally for rheumatism.

Instructions for Usage:

- Massage
- Inhalation
- Bath

(For details, consult pages 8 and 9.)

Lavender Oil is an essential oil, mat and colorless or pale yellow, which possesses a pleasant herbal fragrance and is a woody balsamic fluid. It is obtained by distillation from the fresh flowers.

Lavender Oil exerts a calming, antidepressant effect that serves to balance the emotions. It may be beneficial for insomnia, headache, stress, and hypertension.

The essential oil is antiseptic, antimicrobial, and analgesic. It aids in the treatment of insect bites, cuts, wounds, burns, bruises, skin discolorations, allergies, colds, influenza, catarrh, sore throat, infection, and rheumatism. It can calm stomach spasms, nausea and dyspepsia.

Caution: Lavender Oil is generally safe for all age groups, but it may be allergenic in cases of hay fever or asthmatic complaints. If homeopathic medications are also being taken, it should be diluted.

Instructions for Usage:

- Massage
- Compress
- Inhalation
- Bath
- Friction

(For details, consult pages 8 and 9.)

Lavender Oil

Oleum lavendula angustifolia

Lavender Oil may be beneficial for insomnia and relieve headache, stress, and hypertension.



Lilac Oil

Oleum mangifera indica

It is known that it helps to reduce wrinkles and lines on the face, and it is known that it cures the wounds in the skin.



Lilac oil is a characteristic aromatherapy oil with a pleasant odor. Helps reduce facial wrinkles and lines.

It reduces the effects of aging and makes the skin look younger for longer.

It pumps her energy by preventing the skin from looking tired.

It has a therapeutic effect on the wounds of the skin. It takes redness on the skin.

It acts to remove toxic substances in the body.

Instructions for Usage:

- Massage
- Inhalation

(For details, consult pages 8 and 9.)

The essential Lemon Oil possesses the property of stimulating the bodily defense mechanism, which enables it to fight infection. It is known for its efficacy in ulcers of the oral cavity, acne, diseases or infections of the gums. It is a recognized antiseptic and antimicrobial agent. It assists in curing bronchitis, colds, and influenza. Lemon Oil is beneficial in eliminating warts and cold sore blisters. It exerts a tonic effect on the circulation. It alleviates circulation failure and hypertension and assists in the treatment of varicose veins. It stanches nosebleeds and the bleeding of small cuts. It is both diuretic and laxative. It tones the tissue of oily skin. It is a beneficial febrifuge. Because it inhibits the formation of acid in the body, it provides relief for rheumatism, arthritis, and dyspepsia. Lemon Oil revitalizes the emotions and helps combat depression.

Caution: Lemon Oil may irritate sensitive skin. It should not be used before sunbathing. It should be well diluted when used in the bath and for massage. It should not be applied more than several days in succession.

Instructions for Usage:

- Massage
- Compress
- Inhalation
- Bath
- Friction

(For details, consult pages 8 and 9.)

Lemon Oil

Oleum citrus limon

***Lemon Oil boosts
the bodily defense
mechanism and helps
raise resistance to all
infections.***



Blue Anemone Oil

It nourishes the skin and helps it regain its vitality.

Blue anemones show growing in the northern hemisphere, especially in the world. It grows naturally in our country, especially in İzmir, Aydın and Antalya regions. Its vitamins, minerals and calcium nourish and revitalize the skin. Oil can help to remove fine lines, acne formations and sunburn spots on the skin. This flower has a large body structure and has a flower essence between the flowers. It can be useful in removing wrinkles and removing skin roughness. Helps maintain skin hydration and water balance.

Instructions for Usage:

- *Massage*
- *Inhalation*

(For details, consult pages 8 and 9.)



Parsley Oil, an essential oil extracted from parsley seed by distillation, is yellow, amber, or greenish in color with a spicy aroma.

It possesses the property of provoking the flow of urine from the kidneys and urinary system. This makes beneficial for the relief of menstrual complications and cellulite. It helps heal cystitis, because it is antiseptic. Parsley Oil also relieves flatulence, stimulates the appetite, is laxative, lowers blood pressure, is antirheumatoid and its property of constricting blood vessels boosts natural health.

Instructions for Usage:

- Massage
- Friction

(For details, consult pages 8 and 9.)

Parsley Oil

Oleum petroselinum sativum

***Parsley Oil is beneficial
for the kidneys, the
urinary system, and
cystitis.***



Oil of Lemon Balm

Oleum melissa officinalis

Oil of Lemon Balm can alleviate dyspepsia, nausea, and colonitis and acts as a febrifuge in feverish illnesses.



Oil of Lemon Balm, an essential oil, provides a general strengthening of the mental faculties and physical well-being. It can help reduce hypertension and calm attacks of panting and palpitations. It is a frequent source of aid in complaints of the menses.

It regulates the menstrual cycle, aids in amenorrhea, and its calming property reduces cramping. Oil of Lemon Balm is efficacious in dyspepsia, nausea, and colonitis. It combats feverish illnesses and alleviates migraine. In a diluted state, it is beneficial for eczema and other skin ailments.

Its antihistamine property relieve allergies of the respiratory system and skin. Oil of Lemon Balm soothes the nervous system and dispels the negative emotions of depression and hysteria.

Instructions for Usage:

- Massage
- Compress
- Inhalation
- Bath
- Friction

(For details, consult pages 8 and 9.)

Sweet violet is a pleasant scented flower of the legume family. It alleviates headaches, exhaustion, and mental depression. Externally, it can be used for skin illnesses, eczema, alopecia, and scabies. Oil of Sweet Violet is not recommended for internal use. It can lubricate dry hair and restore gloss and vitality. It is beneficial due to its antiseptic, antirheumatoid, bactericide, diuretic, expectorant and laxative properties. It relieves whooping cough and sore throat.

Instructions for Usage:

- Massage
- Compress
- Inhalation
- Bath
- Friction

(For details, consult pages 8 and 9.)

Oil of Sweet Violet

Oleum viola communis

***Oil of Sweet Violet
is antiseptic and
is beneficial for
eczema.***



Menthol Oil

Oleum Mentha piperita

Menthol Oil relieves nausea during pregnancy, motion sickness, colds, migraine pain, and tension.



Menthol Oil can suppress nausea during pregnancy and motion sickness. It plays an important role in the treatment of an ulcerated large intestine and in lesions in the intestines caused by Crohn's disease. It has been observed to be beneficial in colds and influenza with high fever. It can be used for short-term treatment of the cold and migraine-like headaches originating from digestive dysfunction. It may be used to relieve itching, dermatitis, and infections by bathing the area and by means of a compress. Menthol Oil can fortify the nervous system and calm fears, hysteria, and tension. It can alleviate pain and tension associated with the menses.

Instructions for Usage:

- *Massage*
- *Compress*
- *Inhalation*
- *Bath*
- *Friction*

(For details, consult pages 8 and 9.)

Myrtle Oil is known for its antiseptic and bactericide action on the respiratory system and urinary system. It is expectorant. Its property of constricting arteries and tissue can alleviate acne and hemorrhoids. It restores a state of balance to the nervous system. It can dispel insomnia and tension. Myrtle Oil possesses tranquilizing properties. It should be used diluted for use with sensitive skin.

Instructions for Usage:

- Massage
- Friction

(For details, consult pages 8 and 9.)

Myrtle Oil

Oleum myrtus communis

***Myrtle Oil is beneficial
as an antiseptic and
bactericide.***



Peppermint Oil

Oleum mentha piperita

Antiseptic and an antimicrobial agent, Peppermint Oil is recognized for its property of treating colds, influenza, and bronchitis.



Peppermint Oil is rather potent, with a minty, camphor-like scent and pale yellow or greenish in color. It is obtained by distillation from the leaves.

It is known to be efficacious in motion sickness, stomach cramps, diarrhea, nausea, spasms, dyspepsia, dispelling flatulence from the abdomen from flatulence, and in regulating the digestive system. It is beneficial as a stimulant and revitalizer.

It helps to strengthen the nervous system, intestines, and liver. It can be used in treating colds, influenza, and bronchitis. It provides support for body as an expectorant and antimicrobial agent. Peppermint Oil assists in reducing fever as a febrifuge. It relieves the pain of headache, toothache, and certain migraines. It can suppress intense itching, its antiseptic properties relieve inflamed skin and acne, and it constricts arteries and tones tissue. It can alleviate muscle and mental fatigue.

Instructions for Usage:

- Massage
- Compress
- Inhalation
- Bath
- Friction

(For details, consult pages 8 and 9.)

It is used to protect against heart disease, diabetes, various types of cancer and disease. By strengthening the immune system; cancer, obesity, diabetes and heart disease in the fight against the body gives support. It provides protection against skin cancer and moisturizes the skin, reduces inflammation, acne formation and gives flexibility to the skin.

It is used to relieve the symptoms of diseases such as eczema. With its antioxidant properties, it protects against heart disease and slows down the spread of cancerous cells and changes in cell structure.

Instructions for Usage:

- Massage
- Friction

(For details, consult pages 8 and 9.)

Pomegranate Seed Oil

Oleum punica granatum

***Antiseptic and
bactericidal
properties can be
utilized.***



Eucalyptus Oil

Oleum eucalyptus globus

Eucalyptus Oil can be used as a local anesthetic to stop neural pain.



Eucalyptus Oil has potent antiseptic properties. It can ensure benefit for most colds, coughs, chest infections, and sinusitis. It can relieve infection and assist in the treatment of rheumatism and muscle pain. It is known as a stimulant for the immune system. It is recognized for its antiviral action. It is diuretic and deodorant. Particularly for neural pain, it is beneficial as a local anesthetic. It assists in the treatment of chicken pox, herpes zoster, herpes of the oral cavity and genitals, cuts, and skin infections and infections of the urinary system such as cystitis. Eucalyptus Oil alleviates pain due to burns and assists in the formation of new tissue. It can be used to prevent and relieve the pain of insect bites and is effective in repelling mosquitoes.

Instructions for Usage:

- Massage
- Compress
- Inhalation
- Bath
- Friction

(For details, consult pages 8 and 9.)

Acne, fungus, crack, eczema, dandruff, wrinkles, oily skin and hair in the form of massage is applied to the problematic area. Reduces fever. It cuts the pain. Solves spasm. Perspiration. Calms the nerves. Removes intestinal gases. Gives comfort to the body. Throat tonsillitis and gingiva resolves inflammation. Passes waist and headaches. Kills germs. Calms the nerves. Opens the appetite. It also reduces hemorrhagic pain. Urine enhancer. Useful against ulcer. Softening and relaxing. Used in the treatment of acne.

Instructions for Usage:

- Massage
- Friction

(For details, consult pages 8 and 9.)

Patchouli Oil

Oleum amygdalae amarae

It is known for its antipyretic, pain relieving, spasm solvent, and soothing properties of the nerves.



Chamomile Oil

Oleum matricaria chamomilla

***Chamomile Oil
 activates the digestion,
 fortifies the liver, and
 is analgesic.***



Chamomile Oil is the most gentle of all the essential oils and can be especially recommended in the treatment of children. Massage with the oil can calm infants who are fussy and have a distressing stomach ache. It is calming to the nervous system and induces drowsiness. It is beneficial as a preventative of infections, anti-septic, and bactericide.

It can regulate the digestion by eliminating spasms and pain and strengthen the liver. It can alleviate headache, toothache, menstrual pain, arthritis, and neural pain. It may effective in healing heat rash, infection, cuts, boils, allergies, insect bites, inflammation of the hands and feet from the cold, swelling, and hemorrhoids by using the essential Chamomile Oil as a compress and in the bath. It can regulate the menstrual cycle. It is a mild antidepressant and stress reliever and can be used as febrifuge.

Instructions for Usage:

- Massage
- Bath

(For details, consult pages 8 and 9.)

The balsam fir is native to North America. Resin is collected by boring a hole in the bark. The essential oil of the Canadian balsam is obtained from the resin by distillation. It is an excellent stomachic. It can relieve constipation and is diuretic.

It is an auxiliary treatment for malaria, syphilis, and jaundice. Applied externally, it alleviates shoulder pain, rheumatism, and pain in the muscles and bones. It is calming, antiseptic, diuretic, and expectorant and constricts arteries, heals sores, and stops coughs.

Balsam Oil can aid in healing superficial cuts, burns, and hemorrhoids.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)

Balsam Oil

Oleum abies balsamea

Balsam Oil can be applied to superficial cuts, sores, and burns. Externally, local massage is beneficial for rheumatism, acute pain and bursitis, and pain in the muscles and bone.



Rice Bran Oil

Oleum oryza sativa

Rice Bran Oil can restore and smooth damaged skin.



Rice is a member of the grass family grown in warm and tropical regions. The oil is obtained from the bran, the husk of the seed. It is recognized as an excellent agent for the restoration and softening of skin damaged by oxidation. It can furnish the daily requirement of calories. It reduces hypertension and excessive production of urea, and curbs diarrhea. Boiled, the rice bran liquid can be used to eliminate diarrhea. It contains a generous amount of starch and vitamins. Rice Bran Oil can support growth and exert a positive effect on the mental functions.

Instructions for Usage:

- Massage
- Friction

(For details, consult pages 8 and 9.)

The calming effect of Orange Oil relieves nervous tension. It helps combat insomnia when blended with lavender essential oil or with sandalwood essential oil. It is an oil that creates a joyful mood.

It imparts a state of alertness and counteracts depression.

The essential Orange Oil can activate intestinal activity and ease constipation, diarrhea, and painful spasms. It normalizes the blood circulation and pressure, stimulates the lymphatic system, and overcomes the retention of urine. Blended with the complementary winter spicy oils (such as cinnamon and clove) alleviates ailments like colds and bronchitis. It is extremely rich in vitamin C and provitamin A. Orange Oil can help regulate the functioning of the gall bladder, liver, kidneys, and adrenalin glands.

Instructions for Usage:

- Massage
- Compress
- Inhalation
- Bath
- Friction

(For details, consult pages 8 and 9.)

Orange Oil

Oleum citrus sinensis

Orange Oil is an oil that creates a sense of joy. It possesses the property of revitalizing the intellect and is beneficial in lifting depression.



Fennel Oil

Oleum foeniculum vulgare

Fennel Oil stimulates the circulatory system, promotes digestion, and is vermifuge.

Fennel Oil is an essential oil obtained by distillation from the crushed seeds. It is a colorless or pale yellow fluid.

Fennel Oil is recognized for its antiseptic, antimicrobial, antiinflammatory, diuretic, and laxative properties, and it eases spasms, expels flatulence, fortifies, eases digestion, induces menses, and acts as a vermifuge.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)



Saffron Oil is obtained from the dried seeds in the flower stamens, picked by hand. Once flourishing in northwestern Anatolia, it gave its name to the region of Safranbolu. Saffron is also cultivated in India, the Balkans, and Eastern Mediterranean countries.

Saffron, which promotes ovulation, can enhance the probability of conception. Saffron possesses the property of calming, relieving spasms, and easing digestion, making it suitable for stomach ailments.

Instructions for Usage:

- Massage
- Friction

(For details, consult pages 8 and 9.)

Saffron Oil

Oleum crocus sativus

***Saffron Oil facilitates
conception, calms, and
eases spasms.***



Sandalwood Oil

Oleum santalum album

May have a positive effect on depression and nervous disorders. Quickly absorbed by the skin. It helps to achieve a tight and spotless look.



Repairs the skin and cracks. The one-to-one solution for the cracks in the heels. It is used as a treatment in cases of infection because of its micro-breaker property. Good for the stomach. Diarrhea, reflux, such as discomfort is healing. Useful for lungs. It has expectorant properties. It's good for stress and insomnia. It is a natural antidepnea. It has an aphrodisiac properties that trigger sexuality. Those who have complaints of chlamydia can get rid of these diseases with sandal oil. Because it relaxes the muscles, it is good for muscle cramps. It's antipyretic.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)

It is known that it has the effect of improving various diseases ranging from depression and nervous disorders to gastric infections. Makes skin smoothly refreshed. Sardunium, acne, redness, eczema, dermatitis, fungal infections have positive effects on various skin disorders. Thanks to the oil, it may be possible to obtain a firm and spotless skin appearance. Helps facilitate blood circulation beneath the skin surface and ensures an even distribution of melanin. Helps to eliminate color inequalities in the skin. It provides acne, dermatitis and skin diseases and bright skin.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)

Geranium Oil

Oleum crocus sativus

It is an oil that can help to get pregnant and can help as a sedative and spasm solvent.



Garlic Oil

Oleum allium sativum

Garlic Oil is beneficial for complaints of the cardiovascular and circulatory system and common infectious diseases.

Garlic Oil is an essential oil obtained by distillation of the freshly crushed bulbs. It is a colorless or pale yellow fluid. On account of its pungent odor, Garlic Oil is not usually applied externally. It is beneficial for infections of the respiratory, gastrointestinal, and urinary system and for ailments of the heart and circulatory system and general infectious illnesses.

Instructions for Usage:

- Massage
- Ingestion

(For details, consult pages 8 and 9.)



Antiseptic, antiseborrheic, and a mild blood vessel constrictor, Cedarwood Oil has become the popular choice for treatment of oily skin, inflamed blemishes, acne, and dandruff. It is efficacious for the urinary system, cystitis, and is diuretic. It can alleviate vaginal infections and discharge. While it exerts a fortifying effect on the constitution, it also soothes the nervous system and stimulates the circulation. Cedarwood Oil can dispel fear, obsessions, despair, and poor powers of concentration.

Instructions for Usage:

- Massage
- Compress
- Bath

(For details, consult pages 8 and 9.)

Cedarwood Oil

Cedarwood Oil helps clear up vaginal infections and discharges and soothes the nervous system.



Sesame Oil

Oleum sesamum orientale

Sesame Oil is widely used in Aromatherapy and physical therapy massage. It is also commonly used in Ayurvedic practice.



Quite resistant to heat, perspiration, and light, after application to the skin it can remain in the sun without losing its properties. When a small quantity of cocoa butter is added, it may be used as a lotion for sound and rapid tanning. It is used in Aromatherapy and in physiotherapy. It is frequently utilized in Ayurvedic practice.

Used in massage for complaints of the joints, either directly or in combination with other medications, Sesame Oil can both reduce pain, ease the stiffening of the joints, due to calcification or osteoarthritis, and strengthen them. The organic iron, lecithin, and vitamin content can be beneficial in countering a variety of anemic disorders. It can inhibit the reduction in bone density of aging men and women thanks to its organic calcium salts.

Externally, Sesame Oil can alleviate eczema, burns, wounds, and skin ailments. Applied directly to the scalp and the nails, Sesame Oil is efficacious in eliminating dandruff, yeast and fungal infections and strengthening weak and brittle hair and nails due to calcium and vitamin deficiency.

Instructions for Usage:

- Massage
(For details, consult pages 8 and 9.)

Peach Kernel Oil is a special distinctive oil that does not leave the usual oily residue on the skin. The flowers are known as laxative and vermifuge.

It can flush the urinary system due to its intensive diuretic property. It can relieve complaints arising from hemorrhoidal swelling. It is beneficial for the gall bladder and kidneys.

Instructions for Usage:

- Massage
- Inhalation

(For details, consult pages 8 and 9.)

Peach Kernel Oil

Oleum prinus sp.

Peach Kernel Oil is beneficial as a laxative and a vermifuge and in eliminating hemorrhoids.



Cinnamon Oil

Oleum cinnamomum zeylanicum

Cinnamon Oil alleviates colitis, diarrhea, dyspepsia, spasms, and infection of the gastrointestinal system.

Cinnamon Oil is an essential oil obtained from the bark and leaves by distillation. The volatile oil has active properties as an antiseptic, bactericide, and expectorant. It may be effective in infections of the respiratory passages, such as colds and influenza.

It is analgesic and revitalizing.

Instructions for Usage:

- Massage
- Inhalation
- Friction

(For details, consult pages 8 and 9.)



Grape-Seed Oil is a fixed oil, light greenish yellow in color. It is rich in unsaturated fatty acids. It contains gamma linoleic acids. It has a natural content of vitamin E and a powerful antioxidant effect. This effect is much greater than the antioxidant effect of vitamin C. It reduces the level of low-density lipoprotein in the blood and raises the level of high-density lipoprotein. It protects the inner membrane of blood vessels and, by regulating the rhythm of the heartbeat, it helps protect the heart and blood vessels. Grape-Seed Oil protects the skin and acts as an antiaging agent. Being a very light oil, it is easily absorbed by the skin. It is one of the best massage oils used in aromatherapy. It is nonallergenic. It is good for the sensitive tissue around the eye and throat and for mature complexions. It is suitable for sensitive skin.

Instructions for Usage:

- Massage
- Inhalation
- Friction

(For details, consult pages 8 and 9.)

Grape-Seed Oil

Oleum vitis vinifera

Grape-Seed Oil is a recognized antioxidant. It lends protection for the blood vessels and the heart.



Vanilla Oil

Oleum vanilla spp.

It is an effective oil for reducing the inflammations in the body, impotence and sexual frustration.



Reduces stress and excitement. It activates mental activities, stimulates creativity. Natural fever reducer. It prevents the formation and growth of cancer cells.

It also has an aphrodisiac effect. Increases sexual power. It helps in solving problems such as impotence, frigidity, loss of libido, erectile dysfunction.

Reduces inflammation in the body. Enables the menstrual cycle to streamline. It's good for menstruation.

With calcium, sodium and iron content in the body strengthens. Increases the body's resistance.

Instructions for Usage:

- Massage
- Inhalation
- Friction

(For details, consult pages 8 and 9.)

Vetiver Oil is an essential oil obtained by distillation of the rhizomes. It is a sticky oil, dark brown, olive, or amber in color. It strengthens the immune system and can regulate the circulatory system. It can increase the activity of the endocrine glands and the secretion of estrogen. It is valued for its property of easing and eliminating tension. To heighten this effect, it is recommended to combine it with the essences of grapefruit and jasmine.

Vetiver Oil is valued for its relief of arthritis, muscle pain, and rheumatic spasms, and its antiseptic, tonic, and antitoxic properties aid in skincare. It supports the restoration of subcutaneous tissue and eliminates acne. It is ideal for wrinkles and aging skin that is mat, dry, and sensitive.

Instructions for Usage:

- Massage
- Inhalation
- Bath

(For details, consult pages 8 and 9.)

Vetiver Oil

Oleum vetiveria zizanioides

Vetiver Oil is antitoxic and beneficial for skincare as a toner. It can help alleviate acne and wrinkling of the complexion.



Jasmine Oil

Oleum jasminum sanbac

Jasmine Oil alleviates menstrual cramps and uterine ailments.



Jasmine Oil is an essential oil, a sticky liquid, ranging from dark orange to brown in color, with an intense floral scent.

The essential Jasmine Oil is renowned as an aprodisiac that overcomes female frigidity and male impotence.

Its property of fortifying the uterus and relieving pain enable it to ease menstrual cramps and uterine complaints. Its antidepressant and relaxing property may relieve postpartum depression. It can counteract languor or drowsiness. It is soothing and warming to the joints and a bactericide. Jasmine Oil assists in the treatment of dry, wrinkled and aging complexions. Its antiseptic and expectorant property makes it beneficial for infections in the chest and throat and colds.

Instructions for Usage:

- Massage
- Inhalation
- Bath

(For details, consult pages 8 and 9.)

Ylang Ylang Oil is extracted by distillation from fresh ylang ylang flowers.

The essential oil is rich in sesquiterpenes and contains benzoyl and benzoic acid and farnesol and is caryophyllaceous. It is excellent as an emollient for dry and chapped skin in even very small doses. It is recognized for its antidepressant and calming properties. It is also antineuralgic, antiseptic, muscle relaxant, cell renewer, and lubricant. Benefits have been observed in regulating the functions of the lungs, heart, and the small and large intestines.

Ylang Ylang Oil can be combined with the essences of rosewood, orange, sandalwood, grapefruit, attar of roses, and tangerine.

Instructions for Usage:

- Massage
- Inhalation
- Bath
- Friction

(For details, consult pages 8 and 9.)

Ylang Ylang Oil

Oleum cananga oderata

Ylang Ylang Oil possesses the properties of antidepressant, antiseptic, muscle relaxer, cell renewal, and moisturizer.



Oil of Lilies

Oleum lili albi

Oil of Lilies is a natural beauty aid whose benefits have been observed in complaints of bodily pain, rheumatism, and cellulite.

Oil of Lilies can ease bodily pain, alleviate rheumatic pain, and aid in cellulite treatment. It endows the complexion with a healthy glow and eradicates discolorations. It is beneficial for toothache and infection. It also relieves and reduces swelling.

Instructions for Usage:

- Bath

(For details, consult pages 8 and 9.)



Ginger Oil is an essential oil obtained by distillation from the dried, unpeeled roots. It is pale yellow, amber, or greenish in color with a spicy aroma.

It possesses the properties of analgesic, antioxidant, antiseptic, spasm reliever, dispels flatulence, laxative, antitussive, stimulant, expectorant, and tonic. It can be used to bolster treatment of muscle pain, arthritis, rheumatism, poor circulation, sinusitis, colds, cough, sore throat, colitis, diarrhea, dyspepsia, nausea, abdomen distended by flatulence, and cramps.

Instructions for Usage:

- Massage
- Inhalation
- Friction
- Ingestion

(For details, consult pages 8 and 9.)

Ginger Oil

Oleum zingiber officinale

Ginger Oil relieves muscle pain, rheumatism, poor circulation, sinusitis, colds, colitis, diarrhea, dyspepsia, and cramps.



Olive Oil

Oleum olea europaea

(Pure Natural)

Olive Oil can restore skin damaged by the sun and is an excellent oil for hair and skincare.



The most valuable aspect of fresh olive oil is its high proportion of essential oil content.

Olive Oil is known for its antiseptic property. It can alleviate the damaging effects of the sun on the skin, and olive oil can be used for hair and skincare.

After cleansing the complexion with a lotion, gently massage it with olive oil to remove the carcinogenic effect of the sun on the skin.

Instructions for Usage:

- Massage
- Inhalation

(For details, consult pages 8 and 9.)







PERSONAL CARE OILS

Skin Care Oil

Skin Care Oil is known for achieving extremely positive results with sensitive, dry, and chapped skin and for eradicating complexion blemishes.



Alt is an oil especially formulated by AWE® for skin care. It nourishes the complexion and restores a healthy glow to the skin by toning pores and counteracting oiliness.

Skin Care Oil produces very positive results, especially with dry, sensitive, and chapped skin and smooths blemishes. Its emollient property makes it ideal for infants as well. It can tone and soften the complexion and serve as an anti-aging agent. By virtue of the vitamin, mineral, and fatty acid content, it revitalizes and maintains balance and protection.

Skin Care Oil exerts a cleansing action on the skin and activates the renewal process.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)

Cellulite Oil is created from herbal essences and fat-dispersing natural oils. With its special anticellulite formula, the oil is beneficial for smoothing cellulite and toning the skin. Containing vitamin E, the oil bolsters the skin structure. By massage, the oil can ensure the dissipation of the fats through the vessels of the lymphatic system. Its property of nourishing and toning the skin can help eradicate the problem of sagging flesh and bestow a youthful and fresh appearance to the complexion.

Instructions for Usage:**•Massage**

(For details, consult pages 8 and 9.)

Cellulite Oil

Cellulite Oil is specially formulated to eliminate cellulite and tone the skin.



Pain-relieving Massage Oil

***Pain-relieving Massage Oil
alleviates pain and spasms or
sprains sustained during physical
exercise.***



Pain-relieving Massage Oil offers relief for the entire spectrum of muscle pain, spasms, backache, or pain in the joints.

The oil is ideal for easing muscle pain and spasms or strains sustained in the course of a workout. The oil blocks pain and loosens muscles. It can be applied to tired and sore muscles and joints. It relaxes and relief may be obtained within 10 minutes. For migraine and headache, massage the forehead, temples, and the nape of the neck with Pain-relieving Massage Oil to obtain relief.

Instructions for Usage:

- Massage

(For details, consult pages 8 and 9.)

Developed especially for haircare, this is a nourishing oil. Applied as a friction, Awe® Haircare Oil is beneficial for every hair type. It restores brittle and dry hair, starting at the roots. It is an excellent herbal oil for haircare. It not only bestows a healthy appearance to the hair, it protects it from environmental damage and furnishes resilience and sheen. It endows the hair with resistance to the damaging effects of permanents, frequent backcombing, and regular dyeing. Haircare Oil nourishes the roots, restores balance, and makes the hair full-bodied and luxuriant.

Instructions for Usage:

- Massage
- Friction

(For details, consult pages 8 and 9.)

Haircare Oil

*Haircare Oil furnishes
profound benefits,
especially for dry and
brittle hair.*







HAIR CARE PRODUCTS

Honey Essence Shampoo

Honey is beneficial in revitalizing lifeless and brittle hair.

Honey Essence Shampoo nourishes dry and lifeless hair and insures deep cleansing. It bestows a silky sheen on hair and regulates the oil balance. Honey is known as an excellent lubricant. Honey Essence Shampoo eliminates the negative effect of microorganisms on the hair and scalp. It can help in restoring and ensuring a healthy scalp. Honey is known for resisting bacteria and for alleviating inflammation of the skin caused by eczema and fungi.



Calendula Shampoo revitalizes the hair by deep cleansing of the scalp and its lubricating property leaves the hair tangle free.

Scalp types vary according to the individual constitution in the same way as complexions. Calendula Shampoo contains natural essences that make it suitable for every type of skin. It restores dull, lifeless hair, protects it against environmental pollution, and regulates the lubrication level. Hair becomes lustrous and easier to comb out.

Calendula Shampoo

Calendula Shampoo protects the scalp from disorders caused by eczema and fungi.



Clay-Essence Shampoo

Due to its natural zinc content, Clay-Essence Shampoo is especially effective against dandruff.



Clay-Essence Shampoo is ideal for use with oily hair. It regulates the balance of oil in the hair. Due to its natural zinc content, it is especially effective in warding off dandruff. Natural clay contains the minerals silicon, iron oxide, aluminum, and magnesium required by the human body for health.

It is deep cleansing, softening and eliminates static.

Hair becomes easy to manage and shape as well as shiny and strong.

Clay is known for its healing properties with acne. Clay not only endows the hair with beauty and cleanliness, but it also bestows benefits on the complexion.

Lavender Shampoo neutralizes oily hair and assists in restoring a natural balance. With a pleasant fragrance, it refreshes and eliminates stress. Its gentle texture eases the effect of friction and reinforces the effect of the active constituents on the scalp. The natural essence of lavender makes its suitable for frequent use. The combination of lavandulol and dihydrocoumarin in the lavender flower and the cedrene, alpha-humulene, and alpha-cadinene in the leaves form the basis for the effectiveness of lavender.

Lavender Shampoo

Lavender Shampoo bestows a natural balance on oily hair. It is suitable for frequent use. It assists in reducing daily stress.



Grape-Seed Shampoo

Its property of strengthening the connective tissue makes Grape-Seed Shampoo beneficial in restoring the capillaries of the hair follicles.



Grape-Seed Shampoo lubricates the hair and is a strong protector against environmental pollution. It is beneficial for the hair follicles and capillaries. By raising the protection level of the hair and the scalp, it forms the ideal conditions for renewal.

In certain tests, the grape seed has been shown to contain a number of beneficial substances for human health. The grape seed can strengthen the cell membranes and protect cells from the damage of the oxidative processes. Its antioxidant property enables it to get rid of chemical toxic wastes and by dissipating the toxins, it can bestow a vital and fresh appearance to the skin. It thereby can prevent the damages to the skin and blood caused by free radicals.

Grape-Seed Hair Cream endows the hair with its beneficial essences and serves as a powerful long-term protector. It also assists in nourishing the hair and making it easy to comb out. It is known to be beneficial to the hair follicles and capillaries. It raises the level of protection of the hair and scalp and readies it for the necessary renewal. Certain tests have shown that grape seeds contain a number of substances beneficial for human health. Grape seeds can strengthen the cell membranes and protect them from the damage caused by oxidation. With its antioxidant property, it can get rid of chemical poisonous wastes and, by eliminating toxins, it can give the skin and hair a fresh and vital appearance.

Thus, for health, it can prevent the damage of the skin and hair that is produced by the free radicals

Grape-Seed Hair Cream

Grape-Seed Hair Cream bestows benefits by fortifying the connective tissue and restoring the capillaries.



Garlic Shampoo

Allicin material in garlic is an effective support product for hair loss by helping to prevent fungus formation in hair bottom.



The active ingredient of Allicin in garlic, nourishes and strengthens the hair bottoms, which cannot be seen in the hair at the bottom of the hair, helps to remove the fungus which is both the main cause of the dandruff and the hair loss. If your hair is dyed or permed you don't have to worry, garlic shampoo is formulated for use in dyed and permed hair. Whether you want to have a straight or curly hair, you will soon see the amazing effect of garlic shampoo. In order to get better results from garlic shampoo, it is useful to apply it to the hair cleaned with hot water. A massaged shampoo is applied to the scalp in a circular motion until the shampoo is foamed. After the foaming process is completed, the hair is rinsed with plenty of water. And the shampoo is applied to the hair at the same rate again for the second time, and 2-3 minutes on the hair. It is suspended. Suitable for all hair types.

Nettle-Garlic Shampoo, on the one hand content of the blood stream with the effect of Stinging and stimulating the hair follicles, helps in balancing the whole skin. On the other hand, the effect of Allicin active ingredient in garlic prevents the fungus formed at the bottom of the hair and helps protect the hair. Nivalis Nettle-Garlic Shampoo, formed by the combination of this pair, helps to achieve healthier hair and scalp. Suitable for all types of hair.

Nettle Garlic Shampoo

Nettle helps to accelerate blood circulation in the scalp, stimulate hair follicles, and garlic helps prevent fungal infections in hair follicles.





The image is a circular graphic with a white background. In the center, there is a white rectangular box containing the text "SHOWER GELS" in a bold, black, sans-serif font. The background of the circle is a colorful, abstract composition of various shapes and colors, including shades of blue, green, red, yellow, and purple. There are also some black, brush-like strokes and a grey, curved shape that resembles a splash or a wave. The overall style is modern and artistic.

SHOWER GELS

Artistic Shower Gel

(Green Apple)

***Refreshing Green apple scent
helps to make the day a
creative and enjoyable start.***

Awe Cemre Artistic Shower Gel, with its fresh green apple scent, provides a refreshing and positive atmosphere throughout the shower and contributes to the energetic start of the day and the vitality required for your creativity. With its rich formula, it helps to protect your skin's moisture balance against drying. Suitable for daily and travel size use and every skin type.



Feel the eucalyptus's freshness in your skin. Awe Cemre Inforce Shower Gel with its energetic, energetic eucalyptus smell contributes to your vitality throughout the day. Open your mind against external warnings to help you increase your productivity throughout the day. It maintains moisture balance and supports your skin against drying. Suitable for daily and travel size use and every skin type.

Inforce Shower Gel (*Eucalyptus*)

Energetic Eucalyptus fragrance with an energetic and helps you to have a spacious day.



Saunty Shower Gel (Melon)

Permanent and impressive fresh melon scent for a positive day to spend ...

For a positive, fun and soft shower Awe Cemre Saunty Shower Gel provides a fresh summer day atmosphere with its fresh and soft melon scents. It cleanses your mind from negative emotions and contributes to a balanced and positive mood. Supports your skin against moisture balance and drying. Suitable for daily and travel size use and every skin type.



Grape-Seed Shower Gel is a natural beauty aid, which when you use as a body shampoo, you will feel that all your pores can breathe. The beneficial substances unique to the grape seed become absorbed by your body and endow your hair and skin with vitality. It is extremely beneficial for the skin and capillaries. It raises the level of protection and prepares the necessary setting for renewal. In certain tests, the grape seed has been demonstrated to contain a number of substances beneficial to human health. The grape seed strengthens the cell membranes and protects them from the damage of oxidation. Its antioxidant property can get rid of chemical toxic wastes and eliminate toxins to give the skin a fresh, healthy appearance. This protects the skin and blood from the damage caused to health by free radicals.

Grape-Seed Shower Gel

Grape-Seed Shower Gel is a natural beauty aid that you can use as a body shampoo.







PERSONAL CARE PRODUCTS

Argireline® Peptide Anti Aging Face Cream

By protecting the complexion from environmental pollution, Grape-Seed AntiAging Facial Cream can prevent wrinkles. It helps inhibit premature aging.



ANTI AGING: Argireline®Peptide Face Cream prevents wrinkles, moisturizes and revitalizes deeply.

Facial muscles contracted by neural conduction and mimigimiz forming our facial muscles, wrinkles in our skin are seen as timed. Argireline®Peptide helps the muscles and tissues to stretch and relax. We can't get a look. Peptides in the content support the production of collagen and elastin. Reduction of skin thickness due to collagen and elastin loss, and the relief of wrinkles caused by dryness are effective. ANTI AGING: Argireline®Peptide Face Cream, which is strengthened with Blue Anemone and Calendula oils, prevents wrinkles, moisturizes and revitalizes deeply. Argireline® helps in removing wrinkles due to mimic and muscle tension. Long term use, like all other peptides. Argireline® is the evaluation of different alternatives related to the peptide. AE Laboratories ANTI AGING: Removal of the Argireline®Peptide Facial Cream Neck System.

Calendula Hand Cream moisturizes and softens and promotes the health of the hands. Its antiseptic property protects the skin from harmful bacteria and environmental pollution. The natural essences in Calendula Hand Cream ensure that it is ideal for every skin type. It has been shown to be beneficial in healing chapped hands and destroying fungi. It regulates the moisture balance to insure a soft and velvety skin.

Calendula Hand Cream

Due to its antiseptic property, Calendula Hand Cream can protect the skin from harmful bacteria. It can help heal eczema and chapped skin.



Wheat Hand, Face, Body Cream

With its rich vitamin content, it nourishes, moisturizes and protects against external factors.



Wheat oil is rich in vitamins B, D and E. In this way, the cells renew and anti-oxidant effect shows. Awe Laboratories Wheat Oil Extract Cream protects the skin against sun spots and acne on the skin. Moisturizes, refreshes and revitalizes your skin

Application

Apply the desired amount of massage on clean skin every day.

What is Paraben?

Paraben, which has a wide usage area such as cosmetics, skin care, cleaning products, food and medicine, is a preservative which prevents the formation of harmful bacteria and fungus by extending the shelf life of the products.

Why Not Use?

The result of many clinical studies is that the paraben, which is accumulated in the body due to the frequency of use of paraben cosmetics, increases the amount of paraben and that it prepares the ground for the accumulation of toxin.

We do not use parabens as Awe Laboratories, our health as our most important asset, and the natural care that your skin needs.

Top quality extracts and 100% pure vegetable oils are used in the production of Coupon Natural Cream. The results of the research revealed that Coupon Natural Cream plays an effective role in the resolution of hemorrhoids. Coupon Natural Cream, which is formed by combining the active ingredients obtained from coconut, rosehip and calendula plants in herbal medicine, with herbal extracts such as herbal and flax, has already begun to take her place on the shelves.

Use of :

In order for the Coupon Natural Cream to penetrate deeply into the skin, it is useful to clean your skin before the application. The cream should be rubbed gently until it is absorbed. It is sufficient to apply Coupon Hemorrhoid Cream once or twice a day to the desired areas.

Coupon Natural Cream

It is formulated with active ingredients from plants such as coconut, rosehip, calendula, flax, centaury.



Apricot Hand, Face, Body Cream

Thanks to the apricot oil in its content, it helps to remove the skin damage. Nourishes & hydrates skin



It protects and enhances the natural moisture of the skin by means of Apricot oil in its content. Because it helps to remove lines and stains on the skin, it is effective in regulating the tone differences. It protects, nourishes and repairs the skin against acne and acne.

Use

Apply the desired amount of massage on clean skin every day.

What is Paraben?

Paraben, which has a wide usage area such as cosmetics, skin care, cleaning products, food and medicine, is a preservative which prevents the formation of harmful bacteria and fungus by extending the shelf life of the products.

Why Not Use?

The result of many clinical studies is that the paraben, which is accumulated in the body due to the frequency of use of paraben cosmetics, increases the amount of paraben and that it prepares the ground for the accumulation of toxin.

We do not use parabens as Awe Laboratories, our health as our most important asset, and the natural care that your skin needs.

To beautify the skin, clay is perhaps the most efficacious of all the natural substances. It is active against a broad spectrum of microorganisms and a scientifically proven antiseptic. It can remove grime from the deep layers of the skin. By activating the fluid mechanism of the skin, it can support the healing process and accelerate its renewal. As an antiinflammatory agent and analgesic, clay is wholly nonallergenic. Clay has been known for its broad applicability in skin care for centuries. Clay Facial Mask nourishes the skin and provides assurance for its continuing health in the future.

Instructions:

The mask is applied on the face, neck and decollet after cleaning the skin 1 to 2 times a week, while leaving the eye and mouth open. Wash for 10 minutes and gently wash with warm water.

Clay Facial Mask

By regulating the fluid mechanism of the skin, Clay Facial Mask can help heal and accelerate renewal.



Grape-Seed Facial Mask

Thanks to the extract of grape seed, Grape-Seed Facial Mask assists in protecting the skin against active free radicals.



Grape-Seed Facial Mask provides intensive and rejuvenation treatment for the face, throat, and décolleté area. It can insure penetrating emollient and moisturizing action. It can protect the skin and blood from the damage caused by free radicals. This blocks the formation of wrinkles. The complexion regains its former silky softness.

Awe Grape-Seed Facial Mask is beneficial in restoring elasticity and sleekness to the skin. The oil content of the grape seed is efficacious in smoothing and firming the skin.

Instructions:

The mask is applied on the face, neck and decollet after cleaning the skin 1 to 2 times a week, while leaving the eye and mouth open. Wash for 10 minutes and gently wash with warm water.

Because of its anti-oxidant properties, it can prevent premature aging by protecting the face from external factors with regular use. Easily absorbed by the skin. It is a natural care support which is suitable for allergy-free, sensitive skin. In some tests, grape seed has been found to be 50 times more potent than vitamin E, besides it contains many beneficial substances in terms of human health. Some researchers believe that grape seed extract facilitates the introduction of vitamin C into cells. Thus, grape seed extract can strengthen cell membranes and protect cells from oxidative damage. Vitamin C found in the grape seed itself is a potent antioxidant, but studies suggest that it can be much more effective with proanthocyanidins such as grape seed extract. In this way, it can prevent the damages caused by these free radicals which are harmful to health. Grape seed, strengthen the connective tissues can prevent skin sagging, skin elastic, soft and smooth.

Grape Seed Facial Cream

It can prevent skin wrinkles by protecting the face from external factors. It helps against premature aging.



Grape Seed Sunscreen

(SPF 50)

Increases the tolerance threshold of your skin exposed to sunlight.



Flamori 50 Protection Factor Anti Aging Sunscreen provides a high level of effective protection for UVA and UVB rays through active ingredients in its formulation. It protects your skin from the harmful effects of the sun and helps it restore the moisture it needs. The Flamori Sun Protection Cream, which provides broad spectrum protection, increases the tolerance threshold of your skin exposed to sunlight. Grape seed oil, Rice Bran oil, Peach kernel oil and Vitamin E fortified formula provides your skin with anti-aging care and nourishes your skin.

Application: Apply 2 times before sun exposure by distributing evenly to clean skin areas. Repeat the application for 2 hours apart for better and lasting protection. Shake the product before use.

Awe Laboratories Juniper Oil Essence Massage Cream with the help of juniper oil, the pellet oil, pine leaf oil and thyme oil, it easily penetrates into the skin, nourishes, moisturizes, heats, relaxes and refreshes the area under application. It does not contain synthetic odor.

Application Recommendation:

To obtain the desired result, apply daily by taking a sufficient amount of mass on the clean skin by massaging.

Ingredients: Aqua, Stearyl Alcohol, Paraffinum Liquidum, Glyceryl Stearate, Cetareth-30, Glycerin, Juniperus Communis Fruit Oil, Dimethicone, Phenoxyethanol, Ethylhexylglycerin, Myroxylon Balsamum Pereirae Balsam Oil, Pinus Sylvestris Leaf Oil, Thymus Vulgaris Oil.

Juniper Oil Concise Massage Cream

*Moisturizes, warms, relaxes
and refreshes.*





Sisal Towel Back Massage Headband

BATHROOM ACCESSORIES

Awe sisal bathroom accessories made from natural fibers are one of the indispensable products of your health ...

Prevents the formation of acne and stains on the skin, preventing the formation of cellulite, Awe bathroom accessories provide ideal support for smooth, tense and soft skin.



Sisal Towel Back Massage Headband



Sisal Towel Massage Glove



Sisal Towel Massage Glove



Sisal Oval Pouch



Sisal Pouch with Bio



Sisal Pouch with Bio



Sisal Oval Pouch



Sisal Finger
Massage Gloves



Sisal Finger
Massage Gloves



Sisal Sponge
Pouch

INGREDIENTS

- 5 Kullanım Metodları
- 6 Paket Bitkiler Kullanım Metodları
- 7 Paket Bitkiler Kullanım Metodları
- 8 Yağlar Kullanım Metodları
- 9 Yağlar Kullanım Metodları

NATURAL DIETARY

SUPPLEMENTS ELECTUARIES

- Galingale
- Royal Jelly
- Nature
- Artichoke
- Ginkgo Biloba
- Ginseng
- Nettle &
- Black Cumin
- Flax
- Horsetail
- Bitter Melon
- Life Form
- Shway
- St. John's Wort
- Caltrop
- Valerian
- Agnus Castus
- Ginger
- Juniper Extract
- Carob Extract

GRANULES

HERBAL TEAS

- Howthorn Flower Tea
- Nettle Leaf Tea
- Thyme Cholest Tea
- Maximo Sistol
- Life Form Herbal Tea
- Avocado Piyelon Tea

HERB PACKETS

- Sage

- Roselle
- Winter Tea
- Anise
- Lady's-mantle
- Avocado Leaf
- Calendula
- Rosemary
- Yarrow
- Shepherd's Purse
- Laurel Leaf
- Purple Cone Flower Tea
- Sweet Basil
- Heath
- Ginkgo Bloba Tea
- Ginseng Tea
- Marshmallow
- Galangale
- Nettle Leaf
- St. John's-Wort
- French Lavender
- Horsetail
- Cherry Stems
- Coriander
- Lavender
- Lemon Balm
- Licorice
- Corn Silk
- Chamomile
- Fennel
- Senna
- Plantain
- Hop
- Cinnamon Stick
- Cinnamon Latent Tea
- Green Tea
- Ginger

AROMATHERAPIC OILS

- Bitter Almond Oil
- Sage Oil

- Trout Oil
- Aloe Vera Oil

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