



C'OGAN

Oils Catalogue

Properties & Benefits



Contents

Plant Oils	5
Neem Oil	6
Baobab Oil	8
Essential Oils	12
Wellness Oil	14
Star Anise Essential Oil	16
Basil Essential Oil	18
Cinnamon Essential Oil	20
Bay Laurel Essential Oil	22
Marjoram Essential Oil	23
Nutmeg Essential Oil	24
Oregano Essential Oil	26
Clary Sage Essential Oil	28
Ylang Ylang Essential Oil	30
Birch Essential Oil	32
Clove Leaf Essential Oil	34
Cumin Essential Oil	36
Tarragon Essential Oil	38
Notes	42



Plant Oils

Plant Oils

Plant oils are generally obtained from pressing the seeds or fruits of different plants.

These are precious ingredients for hair and skincare, each one with its own particular characteristics and specific properties. Based on their qualities, these oils can be used to nourish and moisturise skin and hair, preventing and reducing the formation of wrinkles, inflammation, redness, and scars. They are also useful as disinfectants and anti-fungal treatment.

A particular characteristic of many plant oils is their high content of unsaturated fatty acids, extremely important for skin's barrier function, which, if properly nourished, stays soft and firm.

According to the different characteristics of the plant and the distribution of all the precious substances it contains, the various oils can serve different treatment and cosmetic needs.

They are used, neat or dissolved in emulsions to boost the effect. They are often used as carriers for essential oils, highly concentrated substances that should never be applied purely on the skin.

To make the most of plant oils, it is important to know all about their beneficial properties.

This guide will help to explain their characteristics and uses in detail.

For more detailed information about ingredients, allergens and use, please see the data sheet for each oil on our website www.chogangroupspa.com

Neem Oil

Neem oil is a plant oil obtained by cold pressing the seeds of the Azadirachta indica, best known in the world for its extraordinary properties and many uses.

Properties and benefits

This plant is traditionally used in Ayurvedic tradition and it has been used for thousands of years for its antibiotic, antibacterial, anti-inflammatory, antiparasitic and antifungal properties. Neem oil is particularly recommended for massage and localised treatments in case of dry skin, thanks to its hydrating properties. Its vitamin E and essential fatty acids make it excellent for the preparation of face and body creams with antioxidant and anti-ageing properties.

Use and practical advice

Body: in case of scars and stretch marks, it helps to regenerate the skin, improving the appearance through constant application. In these cases, it is recommended to apply neat Neem oil to the affected areas.

Hair: a dozen drops of Neem oil can be added to the shampoo to prevent or treat existing dandruff. It can be used on school-age children to prevent head lice.

Lips: skin problems, such as cold sores and psoriasis can be treated by applying pure Neem oil.

Animals: a few drops can be applied to the coat of dogs or cats to keep away fleas or other parasites.

Mosquito repellent: when applied to the skin, it can repel mosquitoes. In case of bites, it can be applied directly to the swelling.



code U04 | 100ml | € 15.00

Baobab Oil

*Baobab oil is obtained by cold-pressing the seeds of the *Adansonia digitata*, a tropical tree belonging to the *Bombacaceae* family typically found in Africa. Characterised by numerous properties, this vegetable oil is ideal to take care of skin and hair health and beauty.*

Properties and benefits

Baobab oil stands out for its antioxidant, emollient, conditioning, nourishing, regenerating, healing, anti-inflammatory and soothing properties. Ideal in the preparation of oil blends, body balms and masks to deeply moisturise skin and hair. Rich in vitamin E, it has an important anti-ageing action and is very useful for mature skin. It not only combats the signs of ageing, but is also effective against stretch marks and protects sensitive skin from external aggression. Thanks to the action of its fatty acids, it supports the healing and recomposition process of the skin and is therefore indicated in the case of wounds and cuts.

Use and practical advice

Face: in case of acne, it helps soothe inflammation, relieve discomfort and prevent further worsening. It relieves burns caused by incorrect sun exposure or other heat sources. Applied and massaged in small amounts onto the face, it can be used as an anti-ageing serum.

Body: when used pure on the skin of the body, it deeply nourishes and combats stretch marks. In cases of psoriasis, eczema and dermatitis, it helps to reduce itching and inflammation. It combats mycosis, supports skin regeneration and is also indicated as a massage oil.

Hair: useful as a leave-in or pre-shampoo treatment for dry, brittle and frizzy hair. Ideal to protect hair from cold, pollution and sea salt, it can be used both on wet and dry hair.



code U17 | 100ml | € 38,00





Essential Oils

Essential Oils

Essential Oils are precious substances extracted from aromatic plants since ancient times.

They can be used either by inhalation or by epidermal absorption through massage and foot baths.

Our ancestors discovered the powerful effects of aromas and they used them in religious ceremonies, in the preparation of perfumes and ointments and as early therapeutic remedies, through fumigations of aromatic woods and resins, to induce calm and relaxation or euphoria.

Essential oils and etheric oils are natural products, obtained by extraction from plant materials rich in essences, belonging to herbs and medicinal plants, also known as aromatic herbs. Once extracted, these oils take the form of liquids, volatile substances, and they smell like the plant they come from.

Essential oils are substances that have quite a complex composition and represent the most regal part of the plant. They take the form of tiny droplets in the petals of flowers, the rind of fruit, the resin and bark of trees, and even in the roots of herbs and aromatic plants.

They are volatile elements, soluble in alcohol and oil, but not in water. The amount of essential oil in a plant depends on the different environmental factors, within which the plant is born and develops, specifically, the species, climate and soil type.

In aromatherapy, essential oils are used to rebalance the mental and emotional spheres. Applications in this field can be by environmental diffusion, aromatic baths, suffumigation and saunas.

Essential oils must not be applied to eyes. In case of contact, apply plenty of vegetable oil then rinse with plenty of water.

All of our essential oils can be administered via the skin and must be diluted in plant oil. We recommend carrying out a skin tolerance test on your inner elbow, at least 48 hours before any use on the skin, whether pure or diluted. If you notice an abnormal reaction (redness, irritation, stinging), we recommend to avoid further use.

Some oils (Bergamot, Lemon, Mandarin, Sweet Orange) are photosensitising: after application, it is important not to expose the skin to sun or UV rays for at least 6 hours.

How to use:

In case of accidental ingestion, drink several tablespoons of vegetable oil to dilute the essential oil, contact a poisons centre and seek medical advice.

Generally speaking, the use of essential oils is not recommended for pregnant or breastfeeding women, people with epilepsy, hypersensitivity or people with hormonal cancer and, in general, people with health problems. Never use essential oils on babies or children under the age of 5 before consulting a doctor. In case of respiratory allergies or asthma, avoid inhaling the fumes directly.

For more detailed information about ingredients, allergens and use, please see the data sheet for each oil on our website www.chogangroupspa.com

Wellnes Oil

Wellness oil is made from a blend of 34 plants, chosen for their characteristic properties and fragrance, to create an effective, unique oil with multiple virtues.

Properties and benefits

Expectorant, fluidifying and balsamic: useful in cases of stuffy nose, colds and catarrh.

Analgesic and anti-inflammatory: treats muscle and joint problems or localised pain, such as cervical pain.

Relaxant: counteracts, tension headache, promoting relaxation of neck and shoulder muscles, often associated with fatigue and tension.

Disinfectant: for the body or environments (if diffused), it has antibacterial and antiseptic power.

Refreshing: to combat summer heat, it provides a pleasant sensation of coolness to the body and can also be used as an aftershave.

Antispasmodic: useful in case of cramps to massage the abdomen.

Energising and invigorating: for both body and mood, it helps to relieve and manage stress better.

Use and practical advice

Colds: to obtain a balsamic effect, pour a drop of Wellness Oil onto a handkerchief and hold it over your nose. It can be used for suffumigation, putting 2–3 drops of Wellness Oil into a basin of boiling water and covering your head with a towel.

Muscle and joint pain: in case of numb muscles and joint pain, the painful area can be treated with 10 drops of Wellness Oil, emulsified in juniper cream. Rub the whole mix in until completely absorbed and repeat these steps up to three times a day for 2 or 3 days. Before and after sports, massage arms, legs and feet with a few drops of wellness oil.

Headaches: massage the temples and forehead with a few drops of oil.

Oral hygiene: rinse with 2–4 drops of oil in water to boost hygiene of teeth and help to combat bad breath. Add two drops to a toothbrush before brushing teeth. In this case too, fresh breath and toned gums are guaranteed.

Hair: helps combat dandruff and adds body to fragile, lifeless hair. Pour 5–6 drops of product onto dry hair and comb through, after rubbing it gently.

Massages: a relaxing massage is recommended after pouring a few drops of wellness oil onto the desired area.



code OB | 100ml | € 30.00

Star Anise Essential Oil

Star anise essential oil is obtained from the Illicium verum plant, which comes from the Illiciaceae family. Star anise is used as an anti-spasmodic, soothing and balsamic remedy.

Properties and benefits

Balsamic: effective against inflammation of the respiratory tract, such as bronchitis, coughs and catarrh.

Antispasmodic: an excellent remedy against flatulence, digestive problems, diarrhoea and intestinal spasms.

Analgesic and anti-inflammatory: used to relieve pain from arthritis or facial paralysis.

Use and practical advice

Diffusion: pour 1 drop of essential oil for every square metre of the room in which it spreads; use in an essential oil burner or in the water of radiator humidifiers.

Balsamic lotion: mix 5 drops of essential oil in 50 ml of Shea butter to prepare a balm to apply onto the chest area. Useful for the respiratory tract in case of colds or coughs.

Massage lotion: effective against digestive problems, it can be used in cases of indigestion, adding 2–3 drops of essential oil in 30 ml of a base plant oil and massage gently into the abdominal area.

Soothing lotion: in case of cold sores, add 1 drop of essential oil to a teaspoon of sweet almond oil and apply to the sore so that it can accelerate the healing phase.

Contraindications

Do not apply before UV exposure, as it is photosensitising (may cause sunburn). Not recommended for pregnant women or children under 5 years of age, since it can be toxic.



code OS02 | 10ml | € 13,00

Basil Essential Oil

*Basil essential oil is obtained from the *Ocimum basilicum*, a plant from the Lamiaceae family. It is known for its many properties and carries out a balancing action on the bacterial flora and nervous system. It is an excellent mosquito repellent.*

Properties and benefits

Stimulant: promotes relaxation and is indicated in cases of mental fatigue; can also be used to combat anxiety, insomnia, motion sickness, dizziness and stress.

Decongestant: it inhaled, it helps to clear congested airways, fluidifies and helps expectorate phlegm, in case of asthma, flu, cold, bronchitis and sinusitis. A few diluted drops in the nose act against the loss of smell (anosmia).

Antiseptic: due to its antimicrobial properties it is used to treat fever and flu conditions, infectious diseases and urinary tract infections, such as cystitis.

Analgesic and anti-inflammatory: used in the symptomatic treatment of joint pain and headaches and in cases of oedema and haematic congestion.

Repellent: if diffused in rooms, it is a very effective remedy against mosquitoes and insects.

Use and practical advice

Diffusion: pour 1 drop of essential oil for every square metre of the room in which it spreads; use in an essential oil burner or in the water of radiator humidifiers.

Soothing lotion: add 10 drops to a neutral cream, mix and massage onto the skin to reduce irritation, to treat insect bites or stings or animal bites

Toning bath solution: pour 10 drops into the bathtub water, emulsify in the water and then soak in for 10 minutes to stimulate blood circulation and reduce joint swelling.

Contraindications

Avoid use during pregnancy, breastfeeding and in children under 5 years of age.



code OS04 | 10ml | € 20.00

Cinnamon Essential Oil

Cinnamon essential oil is obtained from Cinnamomum zeylanicum Blume, a plant from the Lauraceae family. Well known for its antiseptic and toning properties, this oil is useful against diarrhoea, coughs and colds.

Properties and benefits

Antiseptic: broad-spectrum antibacterial action, useful in cases of intestinal infection influenza, coughs and colds.

Carminative: a few drops added to almond oil and massaged onto the abdomen promote the elimination and absorption of intestinal gas and aid the digestive process.

Use and practical advice

Diffusion: pour 1 drop of essential oil for every square metre of the room in which it spreads; use in an essential oil burner or in the water of radiator humidifiers.

Suffumigation solution: to combat a cold, add 8-10 drops to a bowl of boiling water and inhale after covering the head with a towel.

Massage lotion: add 20 drops to 200 ml of Sweet Almond oil and use it to massage the stomach area 2-3 times a day in case of slow digestion, or intestinal gas or diarrhoea.



Contraindications

If inhaled in high doses, it may cause convulsions. Use moderately on the skin as it produces redness and a feeling of heat on the area. Do not use during pregnancy, while breastfeeding or on children.

code OS07 | 10ml | € 26.00

Bay Laurel Essential Oil

*Bay laurel essential oil is obtained from *Laurus nobilis*, a plant from the Lauraceae family. It is well known for its digestive, rebalancing effects as well as being useful against stress and anxiety.*



Properties and benefits

Stimulant: if inhaled, it gently activates energy, strengthening the ability to concentrate and memory; develops creativity; calms fears and exam anxiety. Useful in cases of exhaustion, fatigue and stress.

Rebalancing: it restores sebaceous balance in dermatitis, which is often the cause of acne and inflammation. Strengthens hair and combats hair loss; if rubbed regularly and constantly onto the scalp, it stimulates microcirculation, promoting oxygenation and nourishment of the tissues, combating alopecia.

Use and practical advice

Diffusion: pour 1 drop of essential oil for every square metre of the room in which it spreads; use in an essential oil burner or in the water of radiator humidifiers. Helps eliminate insects and to purify the air.

Massage lotion: dilute 4–6% in 100 ml of

sweet almond oil and massage in case of pain and muscle strains.

Hair lotion: dilute 5–10% in water, as a treatment to stop alopecia and to purify the scalp.

Purifying mask (for acne-prone skin): add 5 drops of essential oil to a solution of green clay (1 tablespoon), warm water and 2 drops of rosemary essential oil; apply the mask on damp face, leave on for 10 minutes and rinse off.

Contraindications

Contraindicated during pregnancy and breastfeeding. Do not use in children under 5 years of age.

Do not exceed the recommended dosage.

code OS12 | 10ml | € 20.00

Marjoram Essential Oil

*Marjoram essential oil is obtained from the leaves of the *Origanum majorana*, a plant from the Labiate family. Known for its numerous properties, it has a balsamic and pain-relieving action and is useful against cramps insomnia, coughs and colds.*



Properties and benefits

Balsamic and expectorant: in case of colds or coughs, it frees the airways and dissolves mucus.

Pain relief: useful against stomach cramps and rheumatic problems.

Sedative and relaxant: combats insomnia and rebalances the neurovegetative system.

Use and practical advice

Diffusion: add a few drops of essential oil in the water of radiator humidifiers to purify the air.

Massage lotion: apply a small amount to the centre of the forehead and massage to obtain a relaxing effect and increase concentration. Against rheumatism, massage the affected area by mixing from 10 to 20 drops of essential oil into 100 ml of alcohol.

Toning bath solution: pour 10 drops of essential oil into the bathtub water and massage sore muscles.

Contraindications

Not recommended during pregnancy, breastfeeding and in children under 5 years of age. Do not use in high doses.

code OS16 | 10ml | € 20.00

Nutmeg Essential Oil

*Nutmeg essential oil is obtained from *Myristica fragrans*, a plant from the *Myristicaceae* family. It has antirheumatic and antibacterial properties as well as helping the gastrointestinal and nervous systems.*

Properties and benefits

Antioxidant: rich in minerals such as copper, potassium, zinc, iron, calcium, group B vitamins, vitamins A and C, and it has a toning action on skin and muscles.

Antirheumatic: acts on joints to relieve rheumatic pain due to the cold season, thanks to its heating action. Also effective to loosen and detoxify stiff muscles.

Pain relief: relieves toothache thanks to the presence of eugenol.

Carminative: acts on the gastrointestinal tract, combating problems of bad digestion, flatulence, dysbiosis and diarrhoea.

Soothing: acts on the central nervous system to relieve anxiety, stress and mood swings.

Relaxing: relaxes tense muscles.

Use and practical advice

Hair lotion: mix 5 drops of essential oil with a teaspoon of green clay and a little hot water, and 2 drops of rosemary essential oil. Apply to wet hair and leave on for 10 minutes. Rinse.

Massage lotion: in case of rheumatism, apply a mix of 3 drops of essential oil and a spoon of sweet almond or coconut oil, massaging the affected area.

Relaxing bath solution: pour 10 drops of essential oil into hot bathtub water.

Contraindications

Always dilute and do not use pure on the skin. If used in excessive doses, toxic effects may result. Not recommended during pregnancy, breastfeeding and in children under 5 years of age.



code OS20 | 10ml | € 17.00

Oregano Essential Oil

*Oregano essential oil is obtained from *Origanum vulgare*, a plant from the Lamiaceae family, which has anti-inflammatory, antiviral and antiseptic properties. It is useful against asthma, dermatitis, cellulite and toothache.*

Properties and benefits

Antiseptic: diffused in rooms, it purifies the air and is useful to relieve symptoms of asthma and chronic bronchitis.

Invigorating: thanks to its rubefacient effect, it helps reactivate blood circulation and promotes hair growth if applied on the scalp before shampooing.

Stomachic: when massaged, it helps the digestion process, also combating meteorism and flatulence.

Healing and germicidal: useful to treat dermatosis, mycosis and psoriasis.

Analgesic: useful to relieve the pain caused by toothache.

Gargling solution: add 2 drops of essential oil to a glass of purified water; useful for relieving pain caused by gingivitis and toothache.

Massage lotion: effective against digestive disorders, apply and massage the abdomen with a mixture of 30 ml of a plant oil and 2-3 drops of essential oil; to fight cellulite, on the other hand, by stimulating the lymphatic circulation, apply and massage the affected areas with a mixture of plant oil and a few drops of essential oil; against arthritis, rheumatism and carpal tunnel, massage the affected area regularly with a mixture of carrier oil and 2-3 drops of essential oil.

Use and practical advice

Balsamic lotion: mix 30 ml of plant oil with 2-3 drops of essential oil.

Antiseptic cleanser: add a drop of essential oil to your toothpaste daily; it helps prevent and fight bacterial infections of the oral cavity.

Contraindications

Not recommended in case of allergy to Oregano, Sage, Mint, Basil or Thyme. Do not use on children, during pregnancy or breastfeeding.



code OS21 | 10ml | € 17.00

Clary Sage Essential Oil

Clary sage essential oil is obtained from Salvia sclarea, a plant from the Labiate family. It has a relaxing, purifying and healing action on asthma, menstrual pain and alopecia.

Properties and benefits

Relaxing: if inhaled, induces calm and serenity, helping to combat stress and tension.

Rebalancing: diluted in sweet almond oil and used to massage the body, it is useful against is useful against lymphatic stagnation, cellulite, premenstrual syndrome, menopausal flushes, menstrual pain, amenorrhoea or heavy menstruation.

Deodorant: it acts both on the excessive secretion of sweat from hands, armpits and feet (hyperhidrosis) and as an antibacterial on odour-producing microorganisms.

Healing: it has an anti-inflammatory, anti-microbial action on the skin and repairs skin tissues. Recommended in case of mouth sores, dermatitis, sores, insect bites, skin ulcers, acne, and fungal infections such as mycosis and candidosis.

Use and practical advice

Diffusion: pour 1 drop of essential oil for every square metre of the room in which it spreads; use in an essential oil burner or in the water of radiator humidifiers.

Relaxing bath solution: add 8 drops of essential oil to bath water and emulsify. Soak in for at least 15 minutes. Repeat daily, even twice a day. Useful to combat urogenital infections.

Gargling solution: dilute 5 drops of essential oil in a glass of warm water. Make prolonged rinses at least twice a day, to combat mouth sores, weak or bleeding gums, stomatitis and laryngitis.

Hair lotion: dilute to 5–10% in water, as a treatment to block hair loss and to purify the scalp.

Contraindications

Contraindicated during pregnancy, breast-feeding and in children under 5 years of age.



code OS25 | 10ml | € 22.00

Ylang Ylang Essential Oil

Ylang Ylang essential oil is obtained from Cananga odorata, a plant in the Annonaceae family. It is well known for its many properties, and has a calming, hypotensive and aphrodisiac action, as well as being useful as a toner and astringent.

Properties and benefits

Calming: if diffused in rooms, it exerts a relaxing action on the central nervous system and alleviates disorders such as anxiety, irritability, nervousness and insomnia.

Aphrodisiac: increases libido; due to its relaxing action on nervous tension and tonic-stimulating action on psyche and physique, it is useful against impotence and frigidity.

Toning and astringent: indicated in cases of acne and excessive sebum production

Use and practical advice

Diffusion: pour 1 drop of essential oil for every square metre of the room in which it spreads; use in an essential oil burner or in the water of radiator humidifiers.

Relaxing bath solution: pour 10 drops into the bath water, emulsify by shaking the water and then soak in for 10 minutes.

Hair lotion: dilute 5% of product in coconut oil and apply to hair before washing.

Face lotion: by diluting a few drops in facial cleanser, the dermis regains tone and radiance.



Contraindications

Do not exceed the recommended doses. Contraindicated in pregnancy, breastfeeding, in individuals with hepatic and renal failure and in children under 5 years of age.

code OS28 | 10ml | € 21.00

Birch Essential Oil

Birch essential oil is obtained from Betula alba, a plant from the Betulaceae family. Known for its numerous properties, it has a draining action for the body and tones the lymphatic and blood circulatory system.

Properties and benefits

Anti-inflammatory: its rubefacient action is used in case of arthritis, arthrosis, rheumatism, and sciatica, since it attracts blood to the surface of the skin, warming the area and reducing inflammation in the lower layers, thanks to haematic subtraction.

Draining: prevents venous problems and circulatory issues, in case of heavy legs, swelling, oedema and lymphatic stagnation. Its diuretic action boosts the elimination of excess fluids and significantly reduces the kneading and pain component. It is therefore indicated in the presence of cellulite and in cases of obesity.

Antiseptic: thanks to its purifying action, it is used to revitalise greasy hair, or hair with dandruff, as well as oily or impure skin.

Healing: it is an excellent remedy in case of skin problems against eczema and psoriasis.

Use and practical advice

Diffusion: pour 1 drop of essential oil for every square metre of the room in which it spreads; use in an essential oil burner or in the water of radiator humidifiers.

Anti-cellulite lotion: dilute 10 drops of essential oil in 100 ml of Sweet Almond oil, together with 5 drops of Rosemary oil and 5 drops of Lemon essential oil. Use a small amount of lotion on legs, massaging with upward movements for 10 minutes, once a day.

Soothing lotion: pour 5 drops of essential oil in 50 ml of Shea butter with 5 drops of lavender essential oil. Massage the affected area until fully absorbed.

Hair lotion: add a few drops of essential oil to a mild shampoo; useful in case of oily scalp or dandruff.

Purifying mask (for acne-prone skin): add 1-2 drops to a spoon of green clay, a little hot water, 5 drops of bay laurel essential oil and 2 drops of rosemary essential oil. Apply the mask to damp skin and leave on for 10 minutes. Rinse.



Contraindications

Contraindicated during pregnancy, breast-feeding, in children under 5 years of age and in cases of oedema due to cardiac or renal insufficiency.

code OS29 | 10ml | € 20.00

Clove Leaf Essential Oil

*Clove leaf essential oil is obtained from *Eugenia caryophyllata*, with antiseptic and analgesic properties that promote sleep and calm toothache. Combats flatulence and gastric and abdominal pain, diarrhoea and infections of the digestive tract. It can also be used to stimulate memory and help relieve states of exhaustion.*

Properties and benefits

Antiseptic: used in aromatherapy to purify the air in rooms and for suffumigation in case of infections of the upper airways.

Antiviral: effective against herpes simplex and able to block transmission.

Analgesic: used to relieve toothache (better if diluted, so as not to irritate the mucous membranes). Applied with a small cotton pad, it anaesthetises the treated area.

Antispasmodic on smooth muscles: recommended in case of abdominal pain (meteorism, intestinal cramp) and muscle spasms. Diluted in a carrier oil and used to massage the abdomen or the muscles to be treated, it has a beneficial pain-relieving warmth.

Use and practical advice

Diffusion: pour 5 drops of essential oil for every square metre of the room in which it spreads; use in an essential oil burner or in the water of radiator humidifiers. Helps to disinfect rooms air and purify it from flu viruses.

Gargling solution: 3 drops added to a spoonful of cider vinegar and poured in a glass of water has a disinfectant and healing action on gums.

Massage lotion: 1-2 drops of essential oil in a plant oil are useful for massaging the stomach in case of intestinal spasm or on painful muscles. Generates a pleasing warmth that enters deep down and relieves tension.

Contraindications

Low dosages may cause skin and mucous membrane irritation, while high dosages may cause hepatotoxicity. Use is not recommended in cases of dermatitis, gastric and intestinal inflammation. Avoid during pregnancy and breastfeeding. Contraindicated in children under 5 years of age.



code OS32 | 10ml | € 18.00

Cumin Essential Oil

Cumin essential oil is obtained from Cuminum cyminum, a plant from the Apiaceae family. Known for its numerous properties, it is an excellent digestive and sedative, useful for the circulation as well as to combat abdominal pain and headache.

Properties and benefits

Digestive: stimulates gastro-hepatic activity, promotes digestion and calms nausea.

Carminative: anti-fermentative, counteracts the formation of intestinal gas and alleviates abdominal bloating.

Antispasmodic: calms abdominal pain or colic, and has antalgic and anti-inflammatory properties.

Circulatory: promotes venous and lymphatic circulation, counteracting swelling and heaviness from circulatory stasis.

Calming: balances states of emotional alteration and sedates the corresponding psychosomatic manifestations, such as headaches and stomachaches.

Use and practical advice

Massage lotion: to boost circulation, massage the affected area with a mix of 20 drops of essential oil and 100 ml of wheat germ oil to calm spasms.

For abdominal pain, massage the affected area with a mix of 4 drops of essential oil and a spoon of Sweet Almond oil.

Against headaches: pour 5 drops onto a cool damp cloth and apply to the temples or forehead.

Contraindications

Use is not recommended during pregnancy and in children under 5 years of age.



code OS34 | 10ml | € 23.00

Tarragon Essential Oil

*Tarragon is a herb from the *Artemisia dracunculus* plant, which comes from the Asteraceae family. It has digestive and purifying properties, as well as being a natural antiseptic. Tarragon can also be used in case of period pain, arthritis and rheumatic pain.*

Properties and benefits

Tarragon is a herb with remarkable **digestive properties**. It is also a **natural antiseptic**, useful against sore throats and mouth inflammation, such as toothache. It also purifies the body, stimulating diuresis, and it combats loss of appetite.

Use and practical advice

Diffusion: pour 1 drop of essential oil for every square metre of the room in which it spreads; use in an essential oil burner or in the water of radiator humidifiers. Helps to keep insects away and to purify the air.

Gargling solution: dilute 6 drops in a glass of water at room temperature to treat mouth inflammation, sore throat or toothache.

Massage lotion: to combat period pain or digestive problems, it is useful to massage the abdominal area with 2 drops mixed in a spoonful of sweet almond oil.

Contraindications

Tarragon may cause allergic reactions in individuals sensitive to herbs and flowers belonging to the Asteraceae family, such as chrysanthemums, marigolds, daisies, ragweed and many others.

Avoid using this essential oil during pregnancy and breastfeeding.



code OS36 | 10ml | € 24.00

[illegible]







CHOGAN

www.chogangroupspa.com

Distributed by Chogan Group S.p.A.

Registered Office: via A. Olivetti, 24 – 00131 Roma (RM) – ITALY

Headquarters: via A. Riccheo, 7 – 76121 Barletta (BT) – ITALY



CHOGAN GROUP



CHOGANGROUPOFFICIAL
CHOGANBEAUTYOFFICIAL



CT02-EN