



ABSOLUTE
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PRODUCT SPOTLIGHT

BREATHEASY ESSENTIAL BLEND



Breatheasy Essential Blend

Benefits for Emotional Wellbeing

- Its fresh, uplifting scent can help create a brighter emotional atmosphere, bringing a feeling of lightness that support a more positive outlook during the day.
- The stimulating aroma can encourage a sense of emotional clarity, helping you feel fresh and renewed.
- Using it as part of a small breathing ritual can turn everyday breaks into gentle acts of self-care, offering a subtle lift in mood and overall comfort.

Benefits for Body

- Its strong, cooling aroma can make breathing feel more open and refreshing, creating a sense of ease in the chest and nasal passages that encourages deeper, more comfortable breaths.
- This oil is naturally antibacterial so can help purify the body, skin and air around you.
- The cooling sensation can help the body feel more awake and energised, giving a subtle boost to physical alertness and vitality, especially during moments of fatigue or sluggishness.

Benefits for Mind

- Crisp, clearing aromas can help you feel mentally refreshed, as the sharp, invigorating scent stimulates the senses and encourages a renewed sense of focus and clarity.
- The stimulating scent may support alertness and focus, helping the mind feel sharper and more attentive during work, study, or daily tasks.

Steam Inhalation

Steam inhalation can make the aroma feel warmer and more immersive, helping breath to feel clearer and creating a refreshing moment of rest.

- Add 2-3 drops of Breatheasy to a bowl of warm, steaming water to release its crisp, antibacterial, uplifting notes.
- Loosely drape a towel over your head to help capture the aromatic steam and intensify the sensory experience.
- Breathe slowly with your eyes closed, letting the cool, refreshing scent encourage a clearer, fresher feeling headspace.

Room Fragrance

Diffusing Breatheasy releases its cool, airy notes into your space, helping to refresh the atmosphere and encourage a more open sensory experience

- Add 3 - 5 drops of Breatheasy to your diffuser or oil burner, adjusting the strength to suit your space and preference.
- Use during work, relaxation, or quiet moments to help encourage a fresher feeling headspace and a sense of clarity.
- Allow the aroma to circulate through the room, bringing a crisper scent into the air. As the oils are naturally antibacterial, they will help cleanse and purify the air.

Vapour Rub

Blending Breatheasy with a carrier oil creates a smooth aromatic massage option that places its cool, refreshing scent close to the senses.

- Dilute by blending with a suitable carrier oil, use 1 - 3 drops per tablespoon of base.
- For massage, we recommend Sweet Almond, Coconut, or Sunflower oils.
- Apply in gentle circular motions to the chest and throat area, allowing the crisp aroma to sit comfortably where it can be easily experienced.
- Take slow and unhurried breaths as you massage, letting the cool, airy notes encourage a calmer and clearer headspace.

Bath Soak

Blending Breatheasy with a bath dispersant creates a warm, aromatic soak where rising steam carries its fresh scent to support easy, comfortable breathing.

- Mix 2 - 3 drops of Breatheasy with 1 tsp of bath dispersant, which breaks up the essential oils so they blend safely into the water.
- Add the mixture to warm running bath water, letting the dispersant spread the aroma.
- Swish the water so the essential oil droplets stay evenly dispersed, helping vapour release for easier breathing.
- Soak for 20 - 25 minutes, enjoying the relaxation.



Breatheasy Room Spray

This natural room spray is blended with premium essential oils to help clear stuffy noses, heavy heads, and winter chills. Simply spritz to create a fresh, soothing atmosphere - naturally antibacterial and ideal for cleansing and deodorising any space, anytime.



Breatheasy Epsom Salts

Supports clearer breathing and soothes heavy heads and winter chills. Rich in magnesium sulphate, they help relax the nervous system and ease tired, aching muscles - simply add to a warm bath for an easy, restorative soak with a fresh, camphorous aroma.



Breatheasy Aroma-Inhaler

Created by expert aromatherapists, our Breatheasy blend helps clear stuffy noses and heavy heads. With Eucalyptus, Tea Tree, and Peppermint, it offers fresh, antibacterial relief - ideal for easy, everyday use at home or on the go.



Breatheasy Aroma-Roll

Contains a soothing synergy of essential oils including Eucalyptus, Peppermint, and Tea Tree. It is blended to help you clear and soothe stuffy noses, heavy heads, and the winter chills.

Shop The Collection

Scent Profile of Breatheasy Essential Blend

Aroma Family: Fresh and Herbaceous

A clean, crisp blend with a distinctly fresh character that smells camphoraceous and instantly refreshing.

Character: Sharp, Clear, and Invigorating

The aroma opens with bright, cooling notes that feel awakening to the senses, creating an immediate impression of clarity and an almost medicinal freshness.

Energy: Cool morning air

Evokes the feeling of stepping outside into fresh, open air, helping create an atmosphere that feels clean, revitalising, and clearing.

