



ABSOLUTE
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PRODUCT SPOTLIGHT

DETOX ESSENTIAL BLEND



Detox Essential Blend

Benefits for Emotional Wellbeing

- Geranium is known for its harmonising aroma, helping to smooth emotional highs and lows and encourage a sense of inner calm and balance.
- Juniper's fresh, woody scent is often associated with letting go and emotional clearing, supporting moments when you feel weighed down or mentally cluttered.
- The balanced combination of grounding and uplifting notes encourages a feeling of calm confidence and mental resilience, making it especially suitable for times when you want to reset, refocus, and feel more emotionally centred.

Benefits for Body

- Combine with a carrier oil and some Epsom salt, and you have a perfect detoxing body scrub. Great to boost circulation when massaged into skin, and to help combat uneven skin.
- When diluted into a carrier oil and used for massage, this blend is ideal for a revitalising, body-refreshing ritual. Geranium adds a soft, balancing feel, juniper brings a sense of lightness, and grapefruit gives an invigorating lift—perfect for a morning or post-shower massage to help the body feel refreshed and re-energised.

Benefits for Mind

- Inhaled through a diffuser or during a mindful breathing moment, the fresh yet softly floral scent helps clear mental clutter and encourage emotional clarity. Geranium brings a sense of balance, juniper feels cleansing and grounding, and grapefruit adds a bright, focusing note—supporting a more positive, clear-headed mindset without feeling overstimulating.
- Grapefruit brings a bright, zesty note that can feel energising and mood-lifting, helping to encourage optimism, lightness and emotional resilience.

Detoxifying Massage

Massage is well known for its benefits in terms of relaxation, but it can also be a fantastic way to support lymphatic drainage, aiding detoxification.

- A carrier oil like Grapeseed is perfect to dilute Detox, where it can then be used as a massage blend all over the body.
- Together, when diluted and massaged into the skin, the combination of Geranium, Juniper, Grapefruit and Cedarwood essential oils support a reviving, refreshing massage experience that encourages the feeling of movement, balance, and reset—what aromatherapy often refers to as “detoxifying.”

Target Orange-Peel Skin

Blending Detox with a little carrier oil and some sugar or salt can create a fantastic at-home solution to smooth uneven skin texture.

- Try adding 3 drop of Detox to a tablespoon of Sweet Almond oil and a teaspoon of caster sugar. Mix the ingredients and apply in circular motions to warm, wet skin. This will act as an exfoliator and will also help support smooth, healthy skin.

Room Fragrance

Diffusing Detox can have a really refreshing effect on the body and mind. The oils in this blend are naturally rich in aromatic compounds that are traditionally associated with cleansing and protective qualities.

- Diffuse for short periods (20–30 minutes) to keep the aroma pleasant and not overpowering.
- Juniper brings a clean, clarifying note.
- Grapefruit adds brightness and lightness.
- Geranium softens and harmonises the blend.

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 Detox 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, and swish the water so the essential oil droplets stay evenly dispersed, helping vapour release.
- Soak for 20 - 25 minutes and enjoy the relaxation.



Detox Himalayan Salt Scrub

Our Detox Himalayan Salt Scrub contains an invigorating and refreshing aromatherapy blend of essential oils, blended into a base of rich carrier oils including Jojoba & Evening Primrose oil, to deep cleanse, exfoliate and nourish the skin.



Detox Epsom Salts

Pure Epsom Salts infused with our specially formulated Detox essential oil blend, containing Grapefruit, Juniperberry and Cedarwood essential oils. designed to help tone and revive the body, whilst invigorating the mind. Great for anyone feeling sluggish or lethargic.



Detox Epsom Salts

Our Detox Bath & Massage Oil has been specially formulated as a massage or bath oil to naturally invigorate and nourish the skin, helping to tone, firm and reduce the appearance of cellulite.



Detox Himalayan Salts

Enjoy an invigorating and refreshing bath with our all-natural Himalayan bath salts, harvested from the foothills of the Himalayas, and one of the purest mineral laden salts in the world.

Shop The Collection

Scent Profile of Detox Essential Blend

Aroma Family: Fruity Floral

A distinctly fruit/floral blend with grassy undertones.



Character: Fresh, Juicy and Uplifting

The aroma opens with the first note of Grapefruit, with a distinct green undertone of Geranium leaf and Juniper. Rounding the scent off is a subtle base of grounding Cedarwood and grassy Palmarosa.

Energy: Freshly Purifying

Evokes the feeling of stepping outside into fresh cut grass. Revitalising, fruity and green.