



CÔNG TY TNHH THẢO DƯỢC SAPA
SAPA ESSENTIAL CO.,LTD

Product information summary sheet

Essential oils (100% pure)

Sa Pa Essentials products use only 100% pure unadulterated essential oils. Plants are cultivated organically by the Sa Pa Indigenous Medicinal Plants Association. Essential oils are extracted on-site through a simple steam distillation process, and decanted into high quality glass bottles. The essential oils are marketed on a fair trade basis which guarantees a fair and equitable income for the farmers.

Sa Pa Essentials buys these oils at fair trade prices. There are currently two essential oils available: Chua du essential oil and Kinh gioi nui essential oil.



Chua du essential oil is extracted from the local medicinal plant *Elsholtzia penduliflora*, one member of the mint (Lamiaceae) family of plants. This species is nationally rare and included in the Vietnam Red Data Book of Threatened Plants. Local people from the H'mong, Dao and Giay ethnic groups in Sa Pa use this plant in their traditional medicine practices. The leaves of the plant are often used for rubbing on tired or sore muscles to relieve muscle and 'bone' ache; and because they are rich in essential oil, they are often rubbed on the chest to treat coughs and fevers, or in an infusion to unblock the sinuses during heavy colds. The whole plant is also commonly added as an ingredient to traditional baths to relax the body after a hard day's work. This essential oil is rich in cineol and has a rather strong, pungent flavour that aids relaxation.



Kinh gioi nui essential oil comes from the medicinal plant *Elsholtzia blanda*, also in the mint family, and is very closely related to the Chua du plant. This plant species is quite common throughout northern Vietnam. Local people in Sa Pa use the leaves of this plant to rub on the skin to relieve soreness and itching that is caused by insect bites or stings. And again, the whole plant is also commonly added as an ingredient to traditional baths to relax the body after a hard day's work. This essential oil, with its high linalool content, has a more delicate, 'exotic' aroma and smells wonderful as an air freshener, and helps to concentrate the mind.

How can these oils be used?

These oils are 100% pure, full strength, and it is not recommended to use them without dilution. Common uses include:

- **Air purification:** add a few drops of either oil to some water in an essential oil burner/vapouriser and light a candle. In only a few moments the aroma will steal through the room refreshing the air
- **Relaxing bath:** add a few drops of either oil to bath water for a luxurious soak
- **Massage:** Add 2 to 3 drops of either oil to a massage oil and give your feet (or any other part of you) a treat!
- **Inhalation:** to relieve congestion add 2 or 3 drops of penduliflora oil to steaming water, cover your head with a towel, and inhale for a couple of minutes.



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Massage balms

Sa Pa Essentials range of massage balms utilise the pure, organic essential oils derived from the native Vietnamese medicinal plants *Elsholtzia penduliflora* and *E. blanda* mentioned above. These massage balms, formulated by Carol Priest Natural Cosmetics Ltd of New Zealand, are 100% natural and do not include any artificial additives. The base oil is made of cold pressed extra virgin olive oil, rich in antioxidants and essential fatty acids, to provide a truly luxurious massage that rehydrates and rejuvenates dry skin. This is combined with Vietnamese beeswax (with a just hint of rich, mountain honey aroma) and one of our unique essential oils to provide a singular experience that can only be Vietnam. Our massage balms combine traditional usage of the plant in a contemporary context:

Penduliflora massage balm helps to:

- * Relieve the aches and pains of physical exercise
- * Provide a relaxing yet invigorating massage
- * Help reduce coughs and inflammation due to fevers



Blanda massage balm helps to:

- * Relieve itching and soreness due to insect bites
- * Provide a soothing massage



How can the massage balm be used?

For a relaxing massage simply dip your fingers into the balm and rub directly into the skin. For relieving aches and pains simply knead the balm into the tense or sore area, repeating as desired. To reduce coughs and inflammation try rubbing into the upper chest area. For relief from insect bites and stings rub into the affected area and reapply when required.

How long can the balms be kept?

In order to help with extending the shelf life of these balms Sa Pa Essentials uses a natural anti-oxidant in the product formulation. These massage balms have been tested for shelf life and in laboratory tests have shown no significant degradation over 30 months. However, to play it safe, Sa Pa Essentials places a shelf life of two years on our balm products. Remember though, if you leave the lid off the pot the essential oil will evaporate.....



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Essential oil burners

Sa Pa Essentials elegant range of oil burners are handmade by a master craftsman in the famous Bat Trang pottery village just outside Hanoi. Following a basic design provided by Sa Pa Essentials, the craftsman is given free rein to decorate these wonderful oil burners, utilising a range of textures and glaze colours that are a pleasure to touch and, well, just look at!



How is the oil burner used?

Its very easy – put a small amount of tap water into the dish, add a few drops of your chosen essential oil, light a tealight candle, and wait for the aroma to infuse the room. BUT be careful that the water doesn't all evaporate or the oil will burn!

Cotton 'bag for life'

Designed to replace plastic bags, these cotton bags are machine washable and reusable – again and again and again. Made in Vietnam, these spacious bags sport the Sa Pa Essentials logo and website address on one side, and our motto 'natural products from sustainable sources' on the other.



For more information on the company and products, please visit www.sapaessentials.com