PINUS CEMBRA
the Swiss Stone Pine edition

Bring the fresh scent of the woods into your life – naturally!
Why is the Swiss Stone Pine such a special tree?

The wood of the Swiss Stone Pine contains volatile essential oils which, when diffused into the air, have a beneficial effect on the body, mind and spirit.

With the pleasant and refreshing scent of the essential oils from the Swiss Stone Pine, breathing and relaxation are deepened, and there is even a feeling like being in the woods, in connection with the natural world. This earthy yet stimulating fragrance enhances the feelings of safety and being at home, and supports a deep, restful sleep for the body to relax and regenerate.

The Swiss Stone Pine has a fresh and woody fragrance. Its scent feels like a combination of pine, lemon, lime myrtle, vanilla and soft wood.
People living in the different regions of the Alps have recognized the beauty and usefulness of the Swiss Stone Pine tree for centuries. Traditional wisdom surrounding this tree points to its beneficial effects on relaxation, sleep and recovery, and for these reasons it has been used to make room ceilings, beds, baby cribs and other bedroom furniture.

It has been called the “Queen of the Alps.”

In modern times, scientific studies* have confirmed these well-known beneficial effects of the Swiss Stone Pine on human participants. Now you can bring the fragrance of the Swiss Stone Pine into your home to improve the quality of your life.

* Joanneum Research, Institut für Nichtinvasive Diagnostik, Weiz, Austria, Univ.-Prof. Dr. Maximilian Moser
The Swiss Stone Pine (Pinus Cembra) is a very ancient tree in the White Pine family. It has been growing on our planet for over 7000 years. It grows very tall and in harsh conditions. Most individuals in this species live from 200 – 400 years, and in the past it was much more widespread. Today it grows only in secluded Alpine areas.

- **MAJESTIC TREE.** It reaches up to 35m in height, and up to 1.5m in diameter.
- **AGE.** On average it grows from 200 to 400 years, and there are individual trees which are up to 1200 years old.
- **RESISTANCE.** It can survive freezing temperatures and harsh winds down to -50°C.
- **ALTITUDE.** It grows in Alpine areas from 1300m (4200ft) up to 2300m (7500ft) above sea level.
- **GROWTH.** It is mostly present in the Mont-Blanc area, Vallis, Engiadina, Tirol and South Tirol of the Central Alps range and in some places of the Carpathian Mountains.
- **BENEFITS.** The benefits of using the wood of the Swiss Stone Pine have been known for centuries, and have in our modern times been scientifically verified.
Many Swiss Stone Pine trees are only cut because of natural forces like avalanches, lightning and wind. Every year a sustainable harvest of trees is determined by local forest authorities. Even though it is not an endangered species, intentional harvesting is controlled to maintain the natural preservation balance of this rare species.
Five reasons to use the Swiss Stone Pine

1. QUALITY SLEEP

Scientific research has shown that the Swiss Stone Pine essential oil has a beneficial effect on sleep: study participants who used this fragrance during periods of sleep fell asleep quicker and woke up feeling more rested.

“The Swiss Stone Pine improves the quality of sleep – we fall asleep quicker, and sleep better.”*

We sleep one third of our life.

Good-quality sleep is of crucial importance for our health, well-being and our ability to work more successfully.

The World Health Organization (WHO) lists sleep disorders as one of the major health challenges of the next 50 years.

2. MORE RELAXED HEART

Our heart is a non-stop working machine from our birth to our death. Actually it does not have any time to relax. But with the products from the Swiss Stone Pine, we can give a little rest to our heart.

The fragrance of the Swiss Stone Pine slows our heart rate down.

It saves up to 3,500 beats per day,* which means that our heart may rest one hour per day. Thus, our heart rests by as much as 15 days in a year.

3. HEALTHY LUNGS

Antiseptic Swiss Stone Pine essential oils clean the air we breathe and fill it with the natural fragrance of the Swiss Stone Pine. The vapours penetrate deep into the lungs, and breathing becomes easier and deeper. It can be helpful with breathing problems, it can soothe the symptoms of a cold and flu, smoker’s cough and sinus infections.

* Joanneum Research, Institut für Nichtinvasive Diagnostik, Weiz, Austria, Univ.-Prof. Dr. Maximilian Moser
Pleasant Home

The Swiss Stone Pine brings the beautiful, natural fragrance of the woods inside and helps to eliminate stale food odors. This pleasant fragrance repels insects and moths, and fills your home with fresh, revitalizing energy.

Well-Being

It reduces the effects of stress and anxiety, and thus improves our mood and well-being.* Maybe this is why some of the oldest European pubs have been furnished with Swiss Stone Pine.

Pinus Cembra family

PINUS CEMBRA – AIR

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PINUS CEMBRA – WATER

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Carafe Beauty with a tap (5l) .............................. 17
Carafe Universe with a tap (10l) ...................... 17
Enjoy the divine aroma with its beneficial effects
Pinus Cembra Fragrance

The vaporizers made from Swiss Stone Pine wood fit beautifully into every room.

The aroma of the Swiss Stone Pine essential oil brings nature into your home, having a soothing, relaxing effect and giving you strength and energy. It is especially recommended in case of a cold or respiratory problems. Swiss Stone Pine essential oil neutralizes odours in the room (kitchen odours, cigarette smoke, etc.) and contributes to a better atmosphere.
**USE**
Put the attached shavings of the Swiss Stone Pine into the vaporizer hole, and pour 5-10 drops of the Swiss Stone Pine essential oil on them.**

**HEALTH BENEFITS**
Swiss Stone Pine essential oil has been proven to reduce the heart rate, thus contributing to a better rest.***

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**PRODUCT**

<table>
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| ![Product Icon] + ![Essential Oil Icon] + ![Shavings Icon] | **Pinus Cembra Fragrance Pine**  
  height: 10.5 cm, diameter: 8.5 cm  
  * including essential oil (10ml) + shavings | 9120 |
| ![Product Icon] + ![Essential Oil Icon] + ![Shavings Icon] | **Pinus Cembra Fragrance Globe**  
  height: 9 cm, diameter: 9 cm  
  * including essential oil (10ml) + shavings | 9130 |
| ![Product Icon] + ![Essential Oil Icon] + ![Shavings Icon] | **Pinus Cembra Fragrance Pine XL**  
  height: 21.5 cm, diameter: 17.5 cm  
  * including essential oil (20ml) + shavings | 9140 |
| ![Product Icon] + ![Essential Oil Icon] | **Pinus Cembra Fragrance Refill**  
  Swiss Stone Pine essential oil (10ml)  
  + Swiss Stone Pine shavings | 9170 |
| ![Essential Oil Icon] | **Pinus Cembra Fragrance Refill**  
  Swiss Stone Pine essential oil (10ml) | 9173 |

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**Notes:**
- * Including: Swiss Stone Pine essential oil + Swiss Stone Pine shavings
- ** The essential oil bottle can be purchased separately; the package also includes shavings.
- *** Joanneum Research, Institut für Nichtinvasive Diagnostik, Weiz, Austria, Univ.-Prof. Dr. Maximilian Moser
HeALTH BenefITs
Swiss Stone Pine essential oil has been proven to reduce the heart rate, thus contributing to a better rest.***
Pinus Cembra Diffuser

The health-friendly room diffuser serves as a decoration in your home, giving it a nice scent. Due to the high quality of the liquid, its rich aroma develops and fills the area. The diffuser is most useful in rooms where you move the most as the air nicely moves and spreads the aroma around the house. The smell of the forest will embrace you every time you go past it.

**USE**

Insert the sticks into the bottle with the liquid and place the bottle into the diffuser container made of Swiss Stone Pine wood.

When you run out of fluid, you can re-buy a bottle with the mixture.

**QUALITY**

Our scent mixture is of high quality. Place 7 or less reed sticks into the scent liquid to ensure a pleasant aroma in the room.
CONTENTS OF THE PACKAGE (sufficient for 7–8 weeks):

- Swiss Stone Pine wood diffuser
- Reed sticks (7)
- Bottle with liquid and Swiss Stone Pine essential oil (150ml)

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<tr>
<th>PRODUCT</th>
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<tbody>
<tr>
<td><img src="image" alt="Pinus Cembra Diffuser" /></td>
<td>9150</td>
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<tr>
<td>incl. 150ml fragrance and 7 reed sticks</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="Pinus Cembra Diffuser Refill (150ml)" /></td>
<td>9180</td>
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<tr>
<td>sufficient for 7–8 weeks</td>
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</tbody>
</table>
Pinus Cembra Spray

The Swiss Stone Pine essential oil spray immediately brings freshness into your home. Wherever you use it, it will give a pleasant scent and take you to the mountains. It is highly recommended in situations of stress, so keep it in your handbag or in your office. Close your eyes, press the sprayer and take a deep breath of forest freshness. Swiss Stone Pine essential oil will calm you down and relax you. The liquid is completely natural and contains only Swiss Stone Pine essential oils and pure alcohol.

**USE**

By pressing the sprayer, you will detect the sweet fragrance of Swiss Stone Pine trees. The more times you press it, the more pleasant it smells.

**FRESHNESS EVERYWHERE**

Use the spray on the move. In your car, in the hotel-room etc. as it provides a completely natural fragrance to the close environment.

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<tr>
<td>Pinus Cembra Spray (200ml)</td>
<td>9160</td>
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**VITAL WATER**

- Pitcher Cadus (1l)
- Pitcher Cadus with gemstones (1l)
- Carafe Alladin (1.3l)
- Carafe Beauty (5l)
- Carafe Universe (10l)

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**PINUS CEMBRA – WATER**

Vital water enriched with energy and a Swiss Stone Pine aroma
Pinus Cembra Alladin, Cadus, Beauty & Universe

A new water experience because you taste nature with every sip. Healthy and completely natural alternative to flavoured water. The wooden cap from Swiss Stone Pine wood contains a valuable essential oil which scents and enriches the flavour of the water in the carafe.
Pour water into the carafe. The water revitalizes after three minutes. After half an hour, the water has a delicate aroma and taste of Swiss Stone Pine, which get stronger after one hour.

**NATURAL AROMA**
The aroma of Swiss Stone Pine is most evident at room temperature.

**USE**
Pour water into the carafe. The water revitalizes after three minutes. After half an hour, the water has a delicate aroma and taste of Swiss Stone Pine, which get stronger after one hour.

**SIZES**
There are four sizes of carafes available:
- Pitcher Cadus (1l)
- Carafe Alladin (1.3l)
- Carafe Beauty with a tap (5l)
- Carafe Universe with a tap (10l)

**VITAL WATER**
Water from the carafe is vital, full of natural energy, enriched with the symbol of the flower of life and seasoned with the natural Swiss Stone Pine aroma.
your distributor:

www.natures-design.com

DISCLAIMER
These statements have not been evaluated by the FDA. The Nature’s Design products that are described and referred to herein are not intended to diagnose, treat, prevent or cure any disease or illness. The use of these products are free of any promises for increased wellbeing, and depend solely on the responsible self-action of the person using them.

Swiss Stone Pine essential oil, diffuser and spray are made in Switzerland, all other products are made in Europe.

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