

Urgent Skin Aid Blend

POWER CONCENTRATE



Concentrates for regenerative skin and scar care, alleviates skin tightness due to swelling and or bruising. The triad of Organic Immortelle, Organic Lavender Fine, and Organic Rockrose provide the calming effect of the well-known aromatherapy SOS blend.

IDEAS FOR USAGE

COOLING COMPRESS

Add 1 – 2 drops of the Urgent Skin Aid Blend to 10 ml floral water (e.g. Immortelle Water), shake well. Mix in a bowl with cool water and saturate a cotton cloth with the blend. Wrap the affected area with the cloth, changing the cloth as soon as the cooling effect dissipates.

MAGIC ROLL-ON

(from 2 years and up)

Mix 1 drop of the Urgent Skin Aid Blend with 10 ml Jojoba Oil in a roll-on bottle and close. Use as a magic pen to roll onto closed wounds, little aches and pains or on skin after falls.



SCAR CARE OIL

Slowly add 6 – 8 drops of Urgent Skin Aid Blend to 30 ml Rose Hip Seed Oil. Apply 1 – 2 times daily to the closed wound, massaging gently.

Basic formulas



Dosage instructions as a cosmetic product for Aroma Care for the skin. Always dilute Power Concentrates. Recommended dosage: Add to 50 ml PRIMAVERA Organic Sweet Almond Oil or use as a bath essence in 3 TBSP sea salt for a full bath.

Power Concentrate	Adults / Age 12 and up	Age 3 and up	Age 6 months and up
Belly Caress	10 drops	5 drops	1 drop
Urgent Skin Aid	10 drops, 1 drop pure, selectively	5 drops	1 drop
Skin Caress	15 drops	5 drops	1 drop
Protective Blend	10 drops	Not for children under the age of 12.	
Soul Caress	20 drops	5 drops	1 drop



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PRIMAVERA®



POWER CONCENTRATES OF NATURE

Effective Aromatherapy for
Wellbeing & Health

The Power Concentrates

FOR YOUR AROMATHERAPEUTIC
HOME MEDICINE CABINET &
FIRST AID TRAVEL KIT

NEW

Based on our long-term expertise, we have developed 5 complex blends composed of pure essential oils.

Blend your own individual aromatherapy helpers customized to your individual needs and resources at home or on the go!



- Belly Caress – for relaxing abdominal massages.
- Urgent Skin Aid Blend – for small wounds and scars
- Skin Caress – for supportive care when dealing with skin issues
- Protective Blend – to strengthen the body's own immune system
- Soul Caress – to assist in challenging times

Belly Caress

POWER CONCENTRATE



Concentrate for creating relaxing abdominal massage oils that provide comfort to your middle when experiencing abdominal area discomfort or psychologically induced stomach aches. The organic essential oils of Roman Chamomile, Marjoram, Petit Grain, Coriander, and Aniseed create a calming composition that supports your abdominal wellbeing.

IDEAS FOR USAGE

ABDOMINAL RUB

(for ages 12 and up)

Mix 10 drops of Belly Caress Power Concentrate into 50 ml of Sweet Almond Oil. Gently massage the abdomen with pre-warmed hands.



BELLY CARESS BABY OIL

(for ages 6 months and up)

Mix 1 drop of Belly Caress into 50 ml Sweet Almond Oil. Gently massage the abdomen and feet of the baby with pre-warmed hands.

ABDOMINAL COMPRESS IN THE EVENT OF PSYCHOLOGICAL ACHES

(for ages 6 and up)

Add 1 – 2 drops of Belly Caress to 10ml of organic treatment oil (e.g. 1 TBSP St. John's Wort Oil) and blend well. Saturate a small, pre-warmed cotton cloth with the mixture. Place on the abdomen. Cover with a protective cloth, and wrap the abdominal area in a wool blanket.

Protective Blend

POWER CONCENTRATE



Concentrate for protection during the cold season, to support the body's own immune system, as a cream to protect against the cold, and as a nose oil for the external area around the nose. For warming full baths or footbaths. Intense Organic Oregano, Organic Thyme Thymol, and Manuka essential oils are nestled in fruity Organic Orange.

IDEAS FOR USAGE

RUB FOR FEET, CHEST, AND BACK OF THE NECK

Blend 8 – 10 drops of the Protective Blend with 50 ml St. John's Wort Oil. Massage feet, chest or neck morning and evening daily.

COLD PROTECTION CREAM FOR SKIN

Melt 25g Shea Butter in the top of a double boiler. Add up to 10 drops of the Protective Blend and stir well. Allow to chill in the fridge. Apply the Cold Protection Cream around the nose and on cheeks.

BOOSTER SHOWER

Add up to 40 drops of the Protective Blend to 200 ml of unscented body wash. Breathe consciously while showering and think about mobilizing your body's own immune system. Perfect when used in combination with alternating hot and cold showers or other restorative Kneipp applications.



Skin Caress

POWER CONCENTRATE



To reinforce the skin's protective barrier and for supportive care, e.g. in the event of atopic dermatitis, severe itching, flaky, red and irritated skin, and to regenerate skin in the genital area. Manuka, Organic Yarrow, Carrot Seed, and Organic Niauli essential oil skin helpers are nestled in Organic Lavender Fine. They calm, regenerate, and fortify the skin's balance.

IDEAS FOR USAGE

SHAKEN EMULSION TO TREAT ATOPIC DERMATITIS

For supportive care, mix 15 drops of Skin Caress with 50 ml of Hemp Seed Oil in a 100 ml glass bottle. Top up with 50 ml Rosewater, close with a pump dispenser. Shake well before every application. The blend of oil and water supports and maintains the the skin's own oil-moisture balance.



SCALP SPRAY

In the event of itchiness: Mix 15 drops of Skin Caress into 100 ml of Lavender Water. Shake well before using and spray on the scalp.

POSTNATAL BATH SALTS

To promote skin regeneration. Mix 30 drops of Skin Caress with 200 g of sea salt in a screw-top glass jar. Use 1 TBSP of this mixture for a sitz bath. As a douche, dissolve the salt in warm water and let it flow over the outer genital area.

Soul Caress

POWER CONCENTRATE



For enveloping, protective skin and personal care. Paying attention and devoting loving, mindful contact to yourself can bestow new strength and confidence and enhance your health. The complex blend with grounding Angelica Root, Vetiver, enveloping Jasmine Absolve, and enlightening Bergamot supports your own mental power.

IDEAS FOR USAGE

MASSAGE OIL FOR REFLEXOLOGY ZONES

Mix 20 drops of Belly Caress into 50 ml Sweet Almond Oil. Rub a small amount between your fingertips and massage the oil into the ears. Massage the auricle from top to bottom and use gentle pressure to rub the earlobes. Massage from behind the ears towards the nape of the neck and rub into skin. The massage oil can also be used for feet or for a full body massage.

BATH ESSENCE

Mix 200 ml of whipping cream with no more than 20 drops of Soul Caress. Add to your bath water and bathe for about 20 minutes. After bathing, only rinse off under the shower and lightly pat your skin dry. The soothing effect is strengthened if you take some time afterwards to relax for a while and enjoy a cup of tea.

