



mum + bub
essential oil
range

Inner Clarity Essential Oils are colour coded to match the energetic frequencies of the body. Hand-selected by Claire, these powerful gifts from nature, heighten our senses, and trigger many healing responses.

Ethically and sustainably sourced from Australia and around the world, they are predominantly grown in the wild, true to their species. Delicate extraction processes are used, to preserve the plants unique signature.

Conception

Rosewood, Fennel, Coriander, Geranium

Helps you connect with the moon's cycles and revitalises the hormonal system. Rich in phytoestrogens to support ovulation, boost vaginal secretions, libido, immunity and relieves fluid retention.

Birth

Myrrh, Frankincense, Petigrain, Lavender, Tangerine

Helps you stay calm and connected, as it eases the discomfort of contractions and nausea. Invigorates immunity, revitalises, uplifts and comforts. Clears the womb for new life to emerge.

Mum

Sandalwood, Tangerine, Neroli, Rosalina

Nurtures and relaxes, aids in transition and change, encourages feelings of wellbeing. Has a cleansing action on the reproductive system, and is a tonic for circulation and immunity.

Vitality

Orange, Grapefruit, Eucalyptus, Peppermint, Spearmint

A refreshing, bright aroma to revitalize, uplift and rejuvenate your soul. Perfect at any time of the day, when you need to feel more vital. It restores mental clarity and boosts confidence.

Relax

Roman Chamomile, Fragonia, Mandarin, Sandalwood

Soothes and settles, as it supports the body's relaxation response. Helps you to be in the present moment, and respond calmly and clearly.

Sleep

Sandalwood, Bergamot, Geranium, Kunzea

Slows down the mind, soothes nervous tension and anxiety. Allays mild insomnia, regulates the hormonal system, as it settles digestion, breathing, muscular aches and joint pain.

10ml Essential Oil Blend **\$25**

15ml Roller Blend **\$20**

Roller Blend

An easy topical application to apply essential oils to your body anywhere. Simply roll onto your pulse points, or anywhere onto your body that needs the healing benefits of essential oils.

Essential Oil Blends

The most concentrated part of the plant in a liquid form, with potent aromatic benefits. Dab a few drops onto your pulse points or lava stone bracelet. Use in a diffuser, shower, bath, cream or smell directly from the bottle.

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Pregnancy

Fragonia, Lime, Mandarin, Neroli

Calls you into higher consciousness, as it brings harmony, peace and stillness. Tones and regulates metabolic processes, calms digestion, lifts immunity and restores energy.

Breastfeeding

Fennel, Basil, Rosalina, Geranium

Calms, uplifts, and clears, supports breathing and digestion. Activates the endocrine glands, boosts oestrogen, increases mothers milk. Helps inflammation and congestion of the breasts.

Active

Roman Chamomile, Lemon Tea Tree, Eucalyptus, Lavender

Improves circulation, activates muscles, helps recovery. Has an analgesic action, eases aches, pain and neuralgia. Supports life-force and vitality.

Appetite

Mandarin, Cardamon, Roman Chamomile, Spearmint

Instant relief for morning sickness, alleviates the queasiness of nausea. Revives appetite, lessens heartburn, cramps and dispels wind.

Headache

Bergamot, Elemi, Frankincense, Lime

Lessens tension and cluster headaches, relieves the pain of migraines. Calms anxiety, frustration, helps exhaustion. Uplifts and freshens the spirit.

Fluid Balance

Cypress, Lemongrass, Grapefruit, Geranium

Stimulates the lymphatic system, nourishes the tissues cells, tones circulation. Helps fluid retention, inflammation, congestion and pain. Balances reproduction.

100ml Aura Mist **\$30**

100ml Massage Oil **\$30**

Aura Mists

An instant aromatherapy remedy, to transform your mood and energy. Pure essential oils are suspended in distilled water. Shake the bottle, spray above the crown of your head in a circular motion, or spray in any space.

Massage Oils

Massage benefits circulation, muscle tension and stimulates the body to release toxins. Essential oils enhance this healing and recovery process. Gently massage into skin in small circular movements.

inner clarity



creating wellness