

SOLOLUNA

Essential Oils for *Women's Wellness*

A simple guide to bringing botanical self-care into your everyday routine.

 www.sololuna.com.au



Nature-inspired
wellness, made in
Australia.



What Are *Essential Oils?*

Essential oils are concentrated aromatic extracts derived from plants. They are commonly used as part of personal wellness and self-care rituals.

They can be incorporated into:



Aromatic routines



Quiet moments of self-care



Evening wind-down rituals



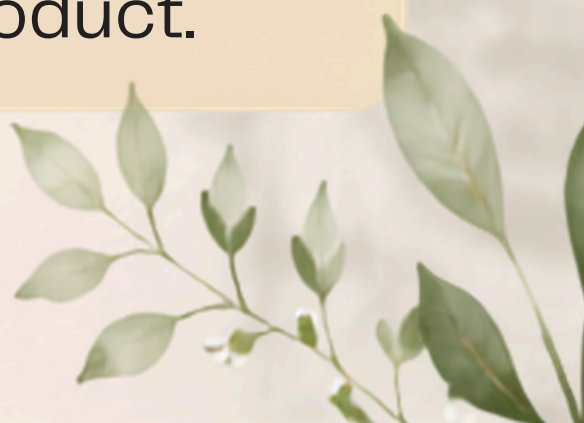
Mindful breathing



Everyday wellness practices



Tip: Always follow the usage instructions provided with your specific product.



Why Include Essential Oils in *Women's Wellness?*

Why Add Them to Your Wellness Routine?

Women's wellness can include simple habits that create more space for relaxation, mindfulness and everyday balance.

Essential oils can become part of these moments:



Morning rituals

Start the day with an intentional botanical moment.



Evening routines

Create a slower, more relaxing atmosphere.



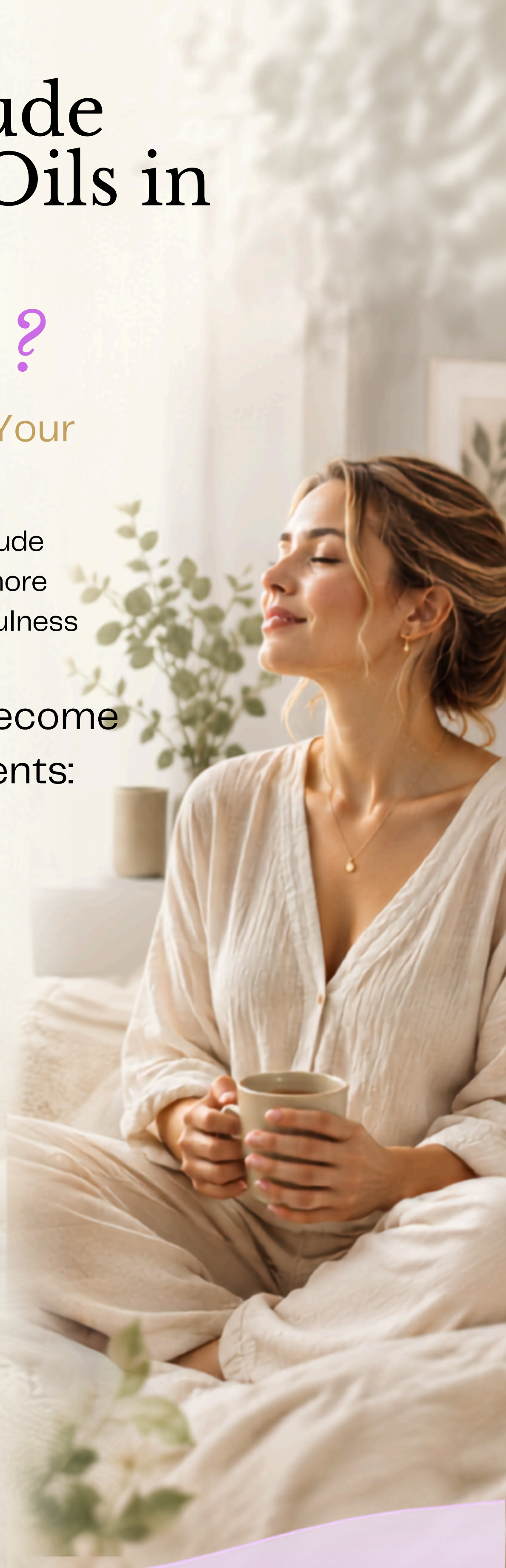
Mindful moments

Pair a familiar aroma with quiet breathing or reflection.



Personal self-care

Make a little time for yourself during a busy day.



Choosing the Right *Essential Oil*

What Should You Look For?

Choosing an essential oil is about more than simply picking a scent you like.



Clear ingredients

Know what is included in the blend.



Usage guidance

Look for clear instructions on how the product should be used.



Quality information

Choose brands that are transparent about their products.



Aroma preference

Select an aroma that feels enjoyable and suits your personal routine.



Suitable format

Consider whether a pure oil, roller or another format fits your lifestyle.





Your Simple *Essential Oil Ritual*



You don't need a complicated routine
to make **time for yourself.**



01

PAUSE

Take a moment away
from distractions.



02

CHOOSE

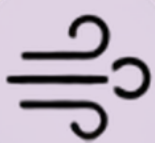
Select your preferred
botanical aroma.



03

FOLLOW

Use your product
according to its directions.



04

BREATHE

Take a few slow,
mindful breaths.



05

RESET

Continue your day
with intention.



Remember:

Wellness can be **simple,**
consistent and **personal.**



SOLOLUNA

Botanical Self-Care

Made Simple



www.sololuna.com.au



Organic
Essential
Oils



Comfort
Rollers



Organic
Herbal
Teas

