

WAX PRODUCT DESCRIPTIONS



PACIFIC NIGHTS WAX:

Is the most floral and exotic of the blended massage waxes. The blend of Neroli (*Citrus aurantium*), Sandalwood (*Santalum spicatum*), Ylang Ylang (*Cananga odorata*) and Jasmine (*Jasminum grandiflorum*) makes for a sensual and heady mix of flowery scents which evoke feelings of lounging in the balmy evenings on Pacific Islands - thus Pacific Nights.

Jasmine is both relaxing and warming - both emotionally and physically and is sometimes used as an oil for postnatal recovery owing to its antidepressant qualities.

Neroli, which is obtained from the flowers of the Bitter Orange or Seville Orange, is valuable for anxiety and shock and has antidepressant, antiseptic antispasmodic and aphrodisiac qualities.

Sandalwood was added for its slightly astringent and highly perfumed scent, which Ylang Ylang complements with its sedative and calming properties. Ylang Ylang, in combination with Sandalwood and Jasmine it is often used for its aphrodisiac qualities and can be of great benefit for those with anxiety about intimacy and personal relationships.



THE UNSCENTED MASSAGE WAX:

Has no essential oils in the formula, but in all other respects is exactly the same as the others in the range. The consistency and viscosity is the same. Unscented Massage Wax is popular with Aromatherapists who love the massage wax, but choose to create their own blends for their clients rather than use our pre-blended massage waxes. It is easy to gently heat the unscented wax, stir in the essential oils of your choice, and let it cool where it will again move to the convenient semi-solid state. The wax melts at a similar temperature to chocolate.

It is also useful for therapists who don't want to use the blends as they prefer unscented mediums, and for schools and colleges who are teaching unqualified students and want to avoid essential oils in the teaching methodology. There are some reflexology schools who teach with the unscented as a medium of choice rather than the blends. However, our biggest demand for the unscented is simply from those who prefer the massage waxes to other mediums, but don't want a scent at all.



THE MOUNTAIN FOREST BLEND WAX:

Was created as a 'woody' rather than 'flowery' blend for those who don't like a floral scent in their massage wax. This makes it particularly good for use on men and some have called it the 'men's blend', as opposed to our 'Woman's Blend'. This is a bit misleading as it is, of course, used by women everywhere! It is best described as piney, smokey, woody and foresty. As the essential oils, which are used, are essentially *base notes*, it's scent not easy to determine in the tub, and the true scent comes out on application, when the essential oil scents are released.

In combination, the qualities of the essential oils are aromatic, astringent, antiseptic and sedative. They would be good for those with oily skins, as the astringency will help with this. The aromatic, woody quality of the oils make it closer in scent to aftershave than a bowl of flowers. Sandalwood has been used in India for many centuries as a perfume and incense and it is used in traditional Ayurvedic medicine.

Essential Oils used are *Santalum spicatum*, *Cupressus sempervirens* and *Cupressus funebris*.

It is commonly used in sports massage, when massaging men and recently in hot stone massage.



LAVENDER MASSAGE WAX:

Is formulated with French *Lavandula augustifolia* essential oil and is one of the most popular massage waxes. This is not surprising, as it is undoubtedly one of the most versatile and balancing of the essential oils, and is a firm favourite with a wide range of therapists and clients everywhere. Its scent is almost synonymous with massage and complementary therapies.

It's properties range from analgesic, antidepressant, antiseptic, bactericidal and decongestant, to hypotensive, insect repellent and sedative. However, its properties can be summed up as calming, soothing and balancing.

From ancient times, it has never fallen out of popularity and is still listed in the British Pharmacopoeia. The name of the plant comes from the Latin *lavare*, which means 'to wash', and probably derived from its use in the cleaning of wounds.

It is because of this broad usefulness and its pleasant scent which gives it its popular appeal and makes it one of the most widely used of our massage waxes.



SPORTS MASSAGE WAX:

Is our most popular wax and is used by many therapists involved in sports and remedial massage, as well as many other types of massage. It is being used for massage work on players in first division football, rugby, cricket, swimming, ice-hockey, softball, track athletics, rowing and on jockeys - and these are the ones we know about! If you are a therapist using it for different sports teams - let us know. Another reason why therapists use the Sports blend, even those who are not practising Sports Massage, is that it has a lemony/leathery scent - making it neither herbal or floral and so excellent for

use on male and female clients without the issue of a 'female' or 'male' scent. The essential oils in this formula are Manuka (*Leptospermum scoparium*) (from the same plant as Manuka honey) and Lemon (*Citrus limonum*). Calendula Paste and Hypericum Infused Oil are also part of the formula. Manuka essential oil comes from New Zealand and has a long history of use by the Maori people, particularly for bronchitis, rheumatism and similar conditions. It is sometimes called the New Zealand Ti-tree, but it has properties which Ti-tree does not. It is antiviral, anti-fungal and highly bactericidal across a wide spectrum, and an excellent antiseptic for use on the skin. Further it is a good analgesic, particularly helpful for muscular pain making it an important part of the Sports Massage formula. Lemon essential oil has the extraordinary property of being able to stimulate the white blood corpuscles that defend the body against infections. It reduces the body's acidity and has tonic effect on the body's circulatory system, making it a good choice for sports applications. Hypericum Oil has number of properties which relate to sports massage such as helping with tissue healing and pain relief; and it has long been used for the treatment of sprains and bruises. It has further been used for inflammation, swelling of the joints, neuralgia and sciatica. Calendula is used for healing and conditioning of the skin, including softening of hardened skin. Sports Massage Wax is a blend which works on the skin as well as the muscles making it an excellent pre and post event massage medium, but also having a wider use for all sorts of different types of massage.

WILD ROSE MASSAGE WAX:



Is not a blend but only has the essential oil *Rosa damascena* added as part of the formula. The smell of rose is one of the freshest and most well known of the essential oils. It was probably the first flower from which essential oil was ever distilled and can be traced back to 10th Century Persia. Rose is known as the queen of essential oils and is said to be governed by Venus (Nicholas Culpeper) and as such is inextricably linked to women. It is cleansing, purifying and regulating and has a therapeutic affinity with the uterus. On an emotional level it is a potent anti-depressant and is especially useful in post natal depression and depression linked to breakdown of relationships. It

is also a soothing, antiseptic tonic to the skin and hence this massage wax is one of the favourites of beauty therapists, along with Woman's Blend. It is also especially valuable for dry, aging and sensitive skins, which makes it popular for massage involving the elderly. Rose is of course also an aphrodisiac - the Romans used to spread rose petals on bridal beds. We have found that a lot of men really like the Wild Rose and are not put off by its feminine associations, and thus therapists might like to offer it as an alternative when they are massaging men. Expect some interesting responses - but we have had feedback that some men specifically ask for Wild Rose during a massage! It's fresh, uplifting scent combined with the antidepressant qualities of the essential oil, make this a popular choice of massage wax.

ORANGE SPICE WAX:



Is a citrusy and fun filled Massage Wax, particularly as it has a very jolly scent and people always comment that it makes them think of Christmas - probably because of the orange in mulled wine and cakes. No wonder then that sales of the Orange Spice always peak during the winter! It is gently warming as well as sedative. The essential oils are both antispasmodic and antidepressant. Both Orange and Grapefruit are good for fluid retention and cellulite work, Grapefruit in particular being a diuretic, detoxifier and stimulant of the lymphatic system. It is also good for oily skins and acne.

Orange Spice is a good all round massage wax, being liked by both men and women. It is used by Sports therapists as it helps disperse lactic acid from the muscles, thus reducing aches and stiffness, thus making it particularly good for those in training, like dancers and athletes.

Grapefruit's uplifting and antidepressant effect is used by therapists wanting to treat those with depression and Seasonal Affective Disorder (S.A.D). The Pimento Oil adds the 'spice' to the formula and creates a gentle warming effect, making it a useful 'warming' massage wax if you don't want to go to the full heat of the Aches and Pains Balme. In combination with the Orange, it can help in treatment of constipation, digestive problems and insomnia. Orange Spice, probably because of the citrus nature of the essential oils, tends to be the 'softest' massage wax, and some people prefer this in terms of spread during the massage.

Essential Oils used are *Citrus paradisi* (Grapefruit), *Citrus sinensis* (Orange) and *Pimento dioica* (Pimento)



HERBAL LIFT WAX:

Herbal Lift is the latest in the range and harnesses the properties of herbs to create an uplifting blend of essential oils within the massage wax. The oils are largely cephalic (they clear the mind and stimulate mental activity) and the blend is intended to help with the fogginess and mental fatigue within the brain and mind that modern living seems to impart. Mental clarity, alertness and vigour restoration are associated with these oils. Basil (*Ocimum basilicum*) is a herb found in the Mediterranean and was used for anointing kings as well as for 'expelling melancholy vapours from the heart'. It was

used in the past for headaches, migraines and head-colds. Rosemary (*Rosmarinus officinalis*) was well known and revered by the Greeks, Romans and even the Egyptians. It's antiseptic properties gave it a use in hospitals until this century. It is an excellent brain stimulant and is renowned in folklore to aid the memory. It used to be inhaled while studying to aid the memory and a sprig was then placed on the desk during the writing of exams. When the memory failed, a quick sniff of crushed leaves was supposed to help with the retrieval of what was learned. This may still have an application today in the Herbal Lift! It is also an analgesic and an excellent tonic of the heart, liver and gallbladder. Clary Sage (*Salvia sclarea*) brings a relaxing element to the formula, and it is often used for those suffering from tension. Even though it is a very relaxing essential oil, it can lead to feeling of lightness and euphoria - even the name 'Clary' may be a derivation or 'clarus' meaning clear in Latin. It is also antispasmodic and warming and may be useful in abdominal massage. Palmarosa (*Cymbopogon martinii*) is derived from a scented grass and is a wide spectrum bactericide, also being used for fevers and infectious diseases. It is hydrating and stimulating in terms of skincare and helps with sebum balance. It is also a digestive stimulant, again useful for abdominal massage.

Caution: Three of these essential oils are emmenagogues - they encourage menstruation and it goes without saying that Herbal Lift should not be used during pregnancy. This, however, has led to an interesting use that has been reported. It is used by some therapists during childbirth massage to help bring on labour; thus harnessing the emmenagogue properties. Only qualified therapists should use it for any purpose related to pregnancy massage and then should have a complete understanding of the essential oils.

Generally, only Bee Balme and Unscented Massage Wax should be used during pregnancy, and then only in the second and third trimester



RELAXATION MASSAGE WAX:

Relaxation Massage wax is our most contentious blend. There are therapists who absolutely rave about the combination and there are also those who can't stand the scent! If you are unsure of the essential oil combination, you need to try some before committing to a large tub. It's scent is described as a little like straw, a little like grass and a little like herbs. It is a two step scent - in that to get to the deeply relaxing and earthy combination that the essential oils give, you need to give yourself deeply to the scent and move through the first impressions to the second, very earthy core of the

combination. This is the deepest kind of relaxation.

Vetivert (*Vetiveria zizanioides*) is a scented grass native to India and Sri Lanka and is botanically related to Lemongrass and Citronella and is very good oil for oily skin. It's name means 'Oil of Tranquility' but it's effect is of grounding and stabilising. Part of the earthy quality of the Relaxation Massage Wax comes from the Vetivert, which is distilled from the roots of the plant. Petitgrain (*Citrus aurantium*) is from the same family as Neroli and comes from distillation of the leaves and twigs of the sweet orange tree. It is a good oil for depression and convalescence and is a sedative which is good for insomnia linked to seasonal depression and loneliness. Ylang Ylang (*Cananga odorata*) is often used to combat shock, anxiety and fright as it has anti-hyperpnoeic and anti-tachycardiac properties. (over rapid breathing and over rapid heartbeat). In combination the Relaxation Blend is ideal for a massage with those dealing with fear, anxiety, bereavement and depression. It can also be used when a very deep, almost meditative state is being sought by the therapist. However do remember that not everybody likes the scent of the Relaxation Blend, but for those who 'get into it' it is a deeply satisfying blend.



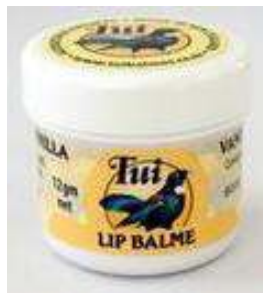
WOMAN'S BLEND MASSAGE WAX:

The Woman's Blend is a balancing blend of essential oils which are all in their own right connected to PMT, the urinary tract and menopause and when blended together create a massage wax which is hormonally balancing, freshly floral and very popular with women. It is our top selling massage wax after the Sports blend. The scent which is most likely to come to the fore when smelling the blend is the Geranium (*Pelargonium graveolens*). Often placed in the same category as Bergamot and Rose, it is astringent, antidepressant, antiseptic and haemostatic (it stops bleeding). Its balancing action

arises from the fact that the Geranium is an adrenal cortex stimulant, where the hormones secreted are primarily regulators governing the balance of hormones secreted by other organs, this being of assistance in menopause and pre-menstrual tension. It has a stimulating effect on the lymphatic system and is often used for cellulitis, fluid retention and oedema of the ankles. Bergamot (*Citrus bergamia*) has a citrusy aroma which is very pleasant and is a valuable oil for urinary tract infection, depression and anxiety. It is one of the most uplifting of the essential oils and thus of great benefit in lifting the spirits and helping cope with loss. It has also been used for respiratory and dietary related conditions. Our blend has less than the 2% needed to create a photosensitising effect, but do treat it with caution on the face when going out into direct sun. Lavender is dealt with in more detail in the Lavender Massage Wax section. The final essential oil in the blend is Frankincense (*Boswellia carterii*) which has been used for religious rituals in many cultures. It has a very calming effect and encourages deep, slow breathing. It has been used to help with bronchitis and coughs through the ages. It is a uterine tonic and is useful for massage of the lower abdomen during periods. It is useful for older skins and ...is also thought to drive out evil spirits! This is a blend which many therapists find useful and judging by our feedback on the Woman's Blend, it is set to remain a firm favourite.

LIP BALMES

- **'Lip Balme Spearmint 12g'** - Contains: Natural Beeswax, Olive Oil, Vitamin E, Essential Oils of Spearmint and Peppermint. Cautions: Spearmint leaves a pleasant tingling sensation on the lips. This is normal.
- **'Lip Balme Vanilla 12g'** - Contains: Natural Beeswax, Olive Oil, Vitamin E, Essential Oil of Vanilla
- **'Lip Balme Aniseed, Lemon and Lime. 12g'** – Contains: Natural Beeswax, Olive Oil, Vitamin E, Essential Oils of Aniseed, Lemon and Lime.
- **'Lip Balme Orange and Cinnamon 12g'** – Contains: Natural Beeswax, Olive Oil, Vitamin E, Essential Oils of Orange and Cinnamon



Our Lip Balmes are effective in the prevention and treatment of chafed or dry lips, and are soothing and moisturising when they get needy! When thinking about lip balmes, ask yourself if you would be prepared to eat what you are putting on your lips. We don't often think about it, but lipsticks, balmes, lip glosses etc are all ingested by necessity from your lips. If petrochemicals suit your diet there are many products out there for you. If not - there is Tui which is completely natural and can't do you any harm if you eat it. Application Apply as necessary. A smaller amount more often is more effective. Clean fingers will make the tub last longer!



TUI BEE BALME:

Tui Bee Balme is our original healing and soothing balme for scratches, burns, sunburn, cracked skin, grazes, rashes and scar tissue. It may also help with severe conditions such as eczema and psoriasis. Bee Balme is excellent for everyday use as a skin conditioner and barrier cream - especially for working hands. Consistent feedback from mothers over many years confirms Bee Balme as a highly effective and truly natural treatment for nappy rash. It's natural richness makes it an ideal medium for stretch marks both pre and post natally. It is also effective for cradle cap. Great for Baby's bum! Propolis, used in Bee Balme, is increasingly referred to as

'nature's antibiotic' - a marvellous natural substance utilised by bees to prevent bacterial infection in the hive. Vitamin E accelerates the healing of burns and damaged skin. On application, the idea of 'use less more often' is one to remember. Massage/rub into dry areas properly, working in all the excess, rather than having too much. It's not that it will do any harm - it's just a waste as the efficacy is at the point of contact, not on top of the layer already applied! We have had great feedback on its use in secondary healing of severe scarring after major burns or other injury. There are no essential oils and Almond Oil in Bee Balme which makes it the medium of choice for massage with clients who are nut allergic.



THROAT AND CHEST BALME:

Throat and Chest Balme is a natural decongestant which is exceptionally versatile. There is no need for hot water and towels, and there is no need to worry about pasting yourself with petrochemicals. All the ingredients in the formula are natural decongestants in their own right, many of them having being used since time immemorial for the purpose. Eucalyptus is used by the Aborigines in Australia as a natural decongestant and the antiseptic and healing properties are also utilized in 'blue-gum' leaf poultices. The Mediterranean Marjoram is said by the eminent herbalist Nicolas Culpeper (1600's) to 'help all diseases of the chest which hinder the freeness of

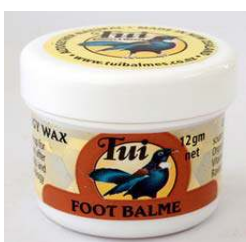
breathing' Tea Tree, Wintergreen and Peppermint are all well known scented decongestants, with Tea Tree having strong anti-bacterial properties as well. Application Throat and Chest Balme is very easy to apply and works immediately to relieve congestion. Just take a little and rub between your palms, and inhale from cupped hands through the nose and open mouth a few times. This is easiest and quickest way to get a result and it can be done at home, in the office, in the tube - in fact anywhere! When you are done, just rub the remainder into your palms and feel the way it feeds your skin! It's smell is very pleasant and others will always ask 'what is that?' At that point you can smile, and offer them some...It can be rubbed into the chest and throat before sleep to help ease breathing during the night. It can also be rubbed in under the nose to help breathing if the skin is not broken. It has been used by sportsmen and women on their chests during matches to clear them and give them a boost. Some therapists use it for a back massage as well, and it has helped many people through bouts of bronchitis and chesty colds. When used on young children it can be 'cut' with either Bee Balme or Unscented Massage Wax to reduce its potency. Cautions: Throat and Chest Balme should be used with caution as it will sting if it comes into contact with the eyes or broken skin. So if you have broken skin under your nose during a cold, do not apply it directly to the skin there. When used on young children, put it on in such a way that they can't get it onto their hands and thus into their eyes.

Throat and Chest Balme should not be used during pregnancy.



WARMING AND EASING BALME:

Has been designed as a natural, alternative approach to chronic pain. It assists in creating a warming sensation in the area to which it is applied. Active herbal ingredients arnica, camphor, black pepper, cajuput, ginger and capsicum are traditionally renowned for the relief of muscular stiffness and joint pain. Tui's Warming and Easing Balme may also help in the management of poor circulation.



FOOT BALME (REFLEXOLOGY WAX):

Was developed in 2005 in response to many reflexologists who asked us for a 'minty, fresh' version of the massage wax they were using for reflexology. There was also a request that it be slightly 'tighter' in terms of consistency for use in reflexology treatments. It took a while and many consultations with various parties before we finally came up with what is now the Foot Balme. It is for use for both a refreshing Foot Massage and Reflexology medium. The essential oils are Spearmint, Peppermint and Ravensara. Both Spearmint and Peppermint are cooling, cleansing and stimulating, whilst the Ravensara

(Ravensara aromatica) is a delicate essential multi action oil which balances the formula and is a strong antiviral and immunostimulant.



TUI COOLING AND SOOTHING BALME:

Is used for work on specific body areas. It can be especially useful for repetitive strain injury, muscle strain, bruising and inflammation resulting from impact injuries. While not intended as an all over massage wax. Tui Cooling and Soothing Balme applies easily and is commonly used by professional practitioners for deep tissue bodywork. The active ingredients arnica, hypericum, yarrow and chamomile are renowned for their anti-inflammatory properties. Menthol provides a cooling sensation to provide relief from pain

associated with inflammation. Cautions, Cooling and Soothing Balme should not be used anywhere near the eyes and is contra-indicated for pregnancy.



TUI BUG BALME:

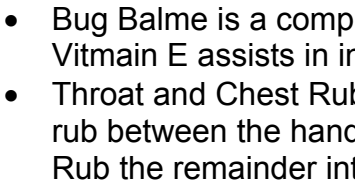
Was originally formulated to combat the pernicious little beach biters called sandflies which inhabit the beaches and more southerly areas of New Zealand. The 2005 addition of Neem oil into the formula (Salannin and Azadirachtin) has made it into a highly effective broad spectrum **insect repellent** - tackling mosquitoes and even the Scottish midge! It is mild and soothing, making it particularly suitable for use with children. Vitamin E assists the healing of areas already bitten. Application All areas of the skin should be covered and Bug Balme re-applied if necessary. Swimming will remove most of the Bug Balme,

so it needs to be re-applied after a swim. When protecting yourself against mosquitoes and other biting insects, it makes sense to cover your body with clothing as much as possible at dusk and dawn when the mosquitoes are out. For those of you unfamiliar with mosquitoes, they are most attracted to the ankles and wrists/lower arms, so it makes sense that covering those areas is important. Contains Natural Beeswax, Olive Oil, Neem Oil, Vitamin E, Essential Oils of Citronella, Lemongrass, Eucalyptus and Lavender. Cautions Use with care around the eyes.

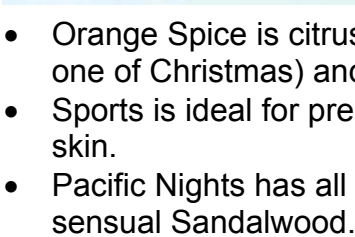


THE TRAVEL PACK is an ideal gift for those going travelling. It is small (4x12g jars) and doesn't take up much space in luggage but packs a big punch in what it offers. The Travel Pack is a must for a going away gift - light, compact and useful during the trip.


- Bee Balme is great for the outdoors in that it soothes sunburn and minor burns, is a rich feeder for dry and exposed skin and is used for any chaffing and rubbing needs.
- The Anise, Lime and Lemon Lip Balme soothes the dry lips that are a result of being exposed to the elements and has a great taste too!
- The Warming and Easing Balme is used particularly for stiff muscles and helping to get the blood circulating again. A warming and easing of the muscles is often needed after legs and arms are put to use on holiday in ways they didn't expect...
- Bug Balme of course speaks for itself and is a natural, pleasant way of keeping critters away on balmy evenings in far away places....



- Lavender Massage Wax is great for any massage use and the scent is one of the most common and well liked in aromatherapy.
- The Bee Balme is ideal for dry skins, babies, sunburn and a myriad of other skin uses! (See the Bee Balme section for more)



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 - Orange Spice is citrusy, fruity and warming, making it great for Christmas time (the smell reminds one of Christmas) and is good for those who have trouble getting to sleep.
 - Sports is ideal for pre and post sport massage, with the Calendula being especially good for the skin.
 - Pacific Nights has all the ingredients for a great evening - Jasmine, Neroli, Ylang Ylang and the sensual Sandalwood.