



PRIMAVERA®



# Aromatherapy

Essential Oils – plant power for body, spirit and soul

2019/2020

*Die  
Liebeserklärung  
an Mensch  
& Natur*

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# Back to Nature

We are living in a time where many things are changing very rapidly. Who doesn't feel the constant pressure to do even more and at the same time experience even bigger adventures? But it is precisely in this fast-paced world that more and more people are looking for peace and recreation. Conscious time-outs can give us a lot of strength and relaxation: forest bathing is a good example of this. The forest is a place of joy and inspiration, perfect to seek out a slower pace of life and inner peace. With the help of essential tree oils, the power and scent of the forest can be brought home.

Even children cannot escape the hustle and bustle of everyday life. It's not uncommon for even the little ones to have trouble concentrating on one thing and sitting quietly. For these kind of difficulties with concentration, there are also natural helpers which are suitable for children that provide support in a gentle way.

To achieve this even more effectively, PRIMAVERA has developed the new KIDS line especially for and with children. With their usual carefully selected recipes and the best raw materials, the "Little Fragrance Heroes" now playfully attract attention: The collection includes the Guard Me Room Spray, the Brave Dragon Aroma Roll-On, the Sweet Dreams Blend, and the Focus & Learn Fragrance Composition. No matter whether an adult or kid – we at PRIMAVERA want to continue to support the health and well-being of people through natural plant power of the highest quality. PRIMAVERA acts sustainably, fairly, and respectfully. A declaration of love for the people and the planet.

We hope you find this a joyful and inspiring read!



Kurt L. Nübling

Ute Leube

Martin Frevert

# A stroke of luck

is the best way to describe our extraordinary Bavarian-Bhutanese partnership



Sharing happiness — the team from Bio Bhutan learns about the formulation of natural skin care products

Almost 30 years ago, the first contacts began between PRIMAVERA founders Ute Leube and Kurt L. Nübling and Bhutan — this species-rich, untouched country at the foot of the Himalayas.

Back then, our founders were looking for a supplier of organic-quality lemongrass. They met captivating people living in unique relationship with their natural resources, in a country where “gross national happiness” is a firmly established governmental priority.

Today, PRIMAVERA can look back not only on the quality products developed in Bhutan, but on a long-lasting friendship and partnership, including personal meetings with political figures and members of the royal family.

## Happiness is a term ...

... that shows up again and again when we think of the relationship between PRIMAVERA and Bhutan. Beginning with a hopeful letter to the Bhutanese government that led to our first visit, what soon followed was one of the most remarkable fragrance journeys PRIMAVERA has ever undertaken. For more than 20 years, the Allgäu-based company has been sourcing lemongrass oil from Bhutan, where the long, sword-shaped grass is wild-harvested in a carefully managed effort on the steep mountain slopes and processed on the spot with the aid of mobile distilleries.

Another mutual good fortune is the fragrant natural bar soap that’s been part of the PRIMAVERA product line since 2012. Made from traditional Bhutanese medicinal plants like ginger and mustard oil, this treasure is finding its way to the Allgäu. Lovingly packaged in handmade Daphne paper, these bar soaps are a true “handful of happiness” for many. The soap factory and lemongrass processing facilities provide more than 100 families in Bhutan with a secure source of income at a fair wage. The women in particular benefit from this cooperative partnership.

NATURAL  
BAR SOAP  
LEMONGRASS  
GINGER



LEMONGRASS ORG  
5 ml



Lemongrass distillation in Bhutan

Local value creation is very important at PRIMAVERA. That's why, in the summer of 2017, a team from farm partner Bio Bhutan visited our headquarters for an intensive exchange of knowledge. Their wish was to expand their existing product offering, and the Allgäu-based manufacturers welcomed them to the otherwise highly secretive development department.

For several days they looked over our experts' shoulders, learning how to formulate creams and emulsions and gaining insights into quality assurance, production, purchasing, and certifications. "This is absolutely unique in an industry where formulations are subject to strict secrecy. For us, it's the continuation of what we started in Bhutan 30 years ago. We call it 'sharing the happiness'," laughs Andrea Dahm, Product Manager at PRIMAVERA. She is delighted to note that, in March of 2018, Bio Bhutan launched three new natural skin care products in the Bhutanese market.

Personal connection is at the root of this relationship. In April, 2018, Bhutanese Ambassador Pema Choden traveled from Brussels to Oy-Mittelberg to discuss expanding the cooperation between PRIMAVERA and Bhutan. In May, she returned to the Allgäu and brought the Minister of Agriculture and Forests, Lyonpo Yeshey Dorji. Even now, the partnership is evolving to a new level. In another development set to happen this fall, Kurt L. Nübling will set out with a new group of aromatherapy enthusiasts on an unusual fragrance journey through "his" country of happiness, Bhutan, and all of its special places.



Minister of Agriculture & Forests Lyonpo Yeshey Dorji and Ambassador Pema Choden visit PRIMAVERA in Oy-Mittelberg



## Roses

... from Turkey's imposing Taurus mountains

For over 20 years 42 farmers have created the finest rose oil and rosewater from Damask rose petals exclusively for PRIMAVERA. The roses must be plucked by hand in the early morning, between 5 and 9 o'clock, when the flowers are still closed, and their oil content is at its highest. It takes between 3,500 and 5,000 kilograms of petals to make one kilogram of essential rose oil – a true luxury.

# Our Organic farm partners around the world

Our essential oils have always been sourced from our worldwide organic partner producers. These ecological agricultural projects are the core of our activities and the embodiment of our vision of maintaining the ecological equilibrium of our planet.



## Cajeput

... from Cambodia

We have an entirely new partnership with an organic producer in Cambodia. Cajeput, with its fresh, herbal scent, is wild-harvested and locally distilled by 15 families.

## Finest herb oils

... from Piedmont

Agronatura have been supplying us with the finest essential herb oils, produced to the Demeter quality standard, for many years. These include Fennel, Roman Chamomile, Sage, Lavender, Hybrid Lavender, and many more.



## Immortelle

... from the island of Corsica

For many years we've sourced immortelle and rosemary oil, as well as Demeter-quality immortelle and witch hazel water from Essences Naturelles Corses, our Corsican organic producer partner.



# Lemon verbena and Myrtle

## ... from the Andes

Andes Lemon Verbena and Andes Myrtle come from our organic cultivation project, Aroma Inka in Peru.

Myrtle and lemon verbena are harvested by hand at an altitude of 2,700 to 3,500 meters in the valleys of the Valle Sagrado.



# Lemongrass

## ... from the Kingdom of the Thunder Dragon

Known as the Kingdom of the Thunder Dragon, Bhutan intends to transition to a fully organic agriculture system by 2020, fully protecting its unique environment and biodiversity. Bhutan is the source of our lemongrass oil, which is full of the freshness of the Himalayas. Our partner producer, the BioBhutan cooperative, harvests the wild-growing aromatic grass by hand with sickles, processing it locally in small transportable distilling units.

# Clary Sage

## ... from Provence

Herbes de Provence are a specialty of the Terra Provence agricultural project: Clary Sage, Lavender, Rosemary, Sage, and many other essential oils, not forgetting oil macerations such as St. John's Wort and Calendula Oil, are all produced here with great technical care and expertise.



# Citrus oils

## ... from sunny Sicily

Since 1987 we've partnered with the Salamita cooperative to supply our powerful and aromatic organic citrus oils grown to Demeter standards. Sicily's mild climate, nutrient-rich volcanic soil, and long sunny days, are ideal for the cultivation of lemons and other citrus fruits.



## What's special about our organic farm partnerships:

- **Personal relationships & development:** We know all of our organic farm partners personally and support them with knowledge, seeds, and the necessary equipment.
- **Fair & organic:** We guarantee our organic farm partners fixed purchase quantities, maintain multi-year contracts with them, agree on pre-financing terms, and pay them fair prices.
- **Transparency & quality assurance:** We know the farmers and distillers, the field, the cultivation methods, and the processing methods used in the production of every one of our natural essential oils. That's why we can be certain of each step of the process, from seed to the finished product, and can therefore guarantee the highest standard of quality.

# “Our farm partners are our greatest treasure”

On that, co-founder Ute Leube and Purchasing Manager for Raw Materials Ioanna Mantzouki most certainly agree.

*Die  
Liebeserklärung  
an Mensch  
& Natur*



Ute Leube with our organic farm partner in Corsica

**Ute:** We know all of our farm partners personally and have long-standing friendships with many of them. That isn't surprising considering we contracted the first cooperation agreements more than 30 years ago. There are countless stories of our journeys in search of organic farm partners – for example, to the Turkish Taurus Mountains where our Damask roses are cultivated and our rose oil and rose water are extracted. Or to the far-away country of happiness, Bhutan, the land of wild lemongrass. Sometimes it wasn't easy to facilitate the switch to “organic.”

**Ioanna:** This established relationship of trust is really something special, and very positive for both sides. This level of cooperation with the local farms ensures the needed quantities at the high level of quality we require. Even in the event of poor harvests or climate fluctuations, we always find a way.

**Ute:** The quality standard is our most valuable asset. Anyone who knows the power of essential

oils and how they affect the body, mind, and soul will immediately understand why we only use absolutely all-natural, quality oils, and how important organic cultivation is for us. In this, we are uncompromising.

**Ioanna:** We will remove the product from our inventory if the quality doesn't meet our requirements. In a case like this, we put our heart and soul into the search for new supply sources. For example, our project in Cambodia, where we established contact with a cajeput cooperative and supported them with a new stainless steel distillery.

**Ute:** It makes us happy to see how consistently and carefully our growers, with their mostly small-scale farming operations, are making their way into the future. They operate with a strong sense of responsibility and a high level of expertise, thanks to innovative, ecologically sound methods. We process these precious ingredients into high-quality products that help our customers feel good and healthy. So we can say, with great joy: “PRIMAVERA – A Declaration of Love to People and Nature” comes from the bottom of our hearts.



Ioanna Mantzouki examines the raw material before distillation



Purchase Manager of Raw Materials  
Ioanna Mantzouki visiting our farm partner  
Nuri Kalay

## Our seals of quality

### NATRUE CERTIFICATION



PRIMAVERA is proud to bear the NATRUE seal. NATRUE designates certified natural personal care products worldwide that meet the highest standards of quality and transparency.

### NO ANIMAL TESTING



PRIMAVERA does not use any ingredients tested on animals, and we have not tested any of our products on animals since our founding. That is why our products bear the "rabbit with the protective hand" symbol of the International Manufactory Association against Animal Testing in Cosmetics.

### WILD HARVESTING / DEMETER FARMING / CERTIFIED ORGANIC CULTIVATION



We label our products and formulations according to the method of raw material collection: wild harvesting, biodynamic or certified organic cultivation.

# Our promise of quality: “As close to nature as possible”

Ute Leube, Co-Founder of PRIMAVERA LIFE

Respect for people and nature is at the heart of every step in the production process of our products. Crucial to the quality of each plant-based ingredient is the soil quality, the seeds, the cultivation method, and the time of harvest. Through species-specific processes and many years of experience, the vitality of the plants is carefully maintained during processing. This is how we ensure that the beneficial effects on the body, mind, and soul are brought to life in all of our products.

## Seed Selection & Cultivation

We rely on a worldwide community of organic farmers who understand the principles of environmentally responsible cultivation. Our farm partners have an exceptional understanding of the specific plants, climate, and soil they work with, and these partnerships allow us to source our plants from their natural place of origin.

## Harvesting, Distillation, & Extraction

All of our plants are harvested according to their distinctive requirements and growing conditions when their fragrance is strongest. In order to successfully retrieve the purest plant ingredients possible, we use plant-specific distillation methods for our precious essential oils, and gentle cold pressing for our base oils.

## Quality Control

PRIMAVERA maintains uncompromising quality control. Our in-house chemists monitor the physical and microbiological properties of all essential and fatty oils, plant waters, and cosmetic emulsions in our in-house laboratory. Using a gas chromatograph with integrated mass spectrometer, they analyze the chemical makeup of the essential oils – up to 600 ingredients. Independent institutions (Natrue, Demeter) ensure that strict objective standards are upheld.

## In-house Formulation & Production

We personally hand-blend all of our formulations and oversee the bottling of our products in-house. We take pride in producing our products in ways that preserve the living energy and skin and sensory benefits of our plant ingredients. Comprehensive safety documentation and assessments are available for all products in accordance with the current EU Cosmetics Regulation.

## 100% natural – Purity is our passion

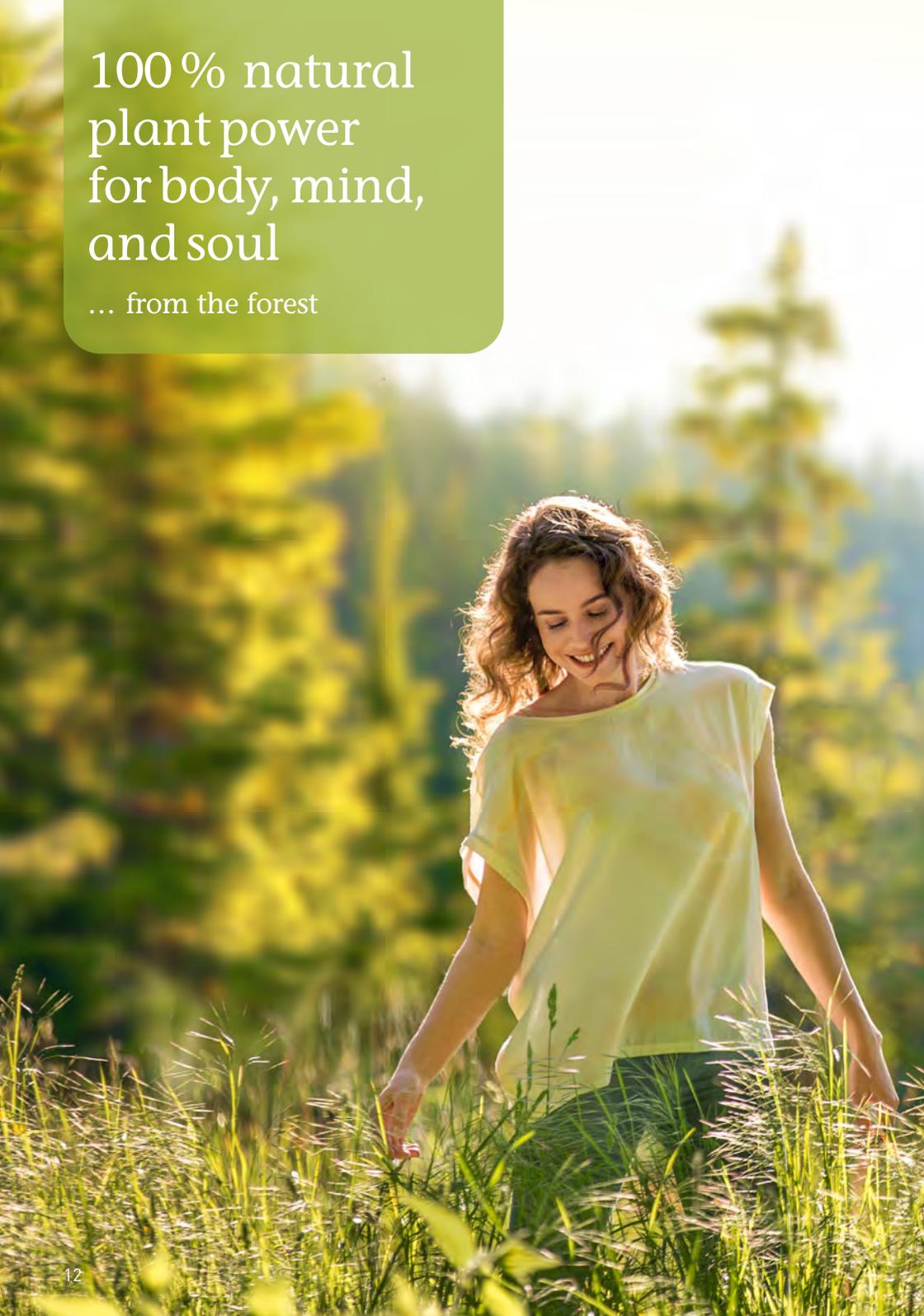
Quality and purity are crucial for the effectiveness of essential oils. All essential oils made by PRIMAVERA are all-natural:

- **authentic** – they contain only the oil of the plant listed
- **genuine** – they are completely natural and unmodified
- **single-origin** – they are never diluted with other oils
- **unadulterated** – they are free from synthetic additives



100 % natural  
plant power  
for body, mind,  
and soul

... from the forest



### Forest bathing – The woods do good

While seeking a slower pace of life, inner contemplation, and relaxation, we rediscover the forest ecosystem with its healing and cleansing powers for the body, mind, and soul. The forest as an ever-popular place of retreat gives us abundant gifts. We find relaxation, connect with nature, and draw new strength. For many, it is a place of joy and inspiration, a place that fascinates and enchants us again and again. At the same time it can be a nurturing haven in times of stress and reorientation. The power of the trees helps us to get back to ourselves.

No physical exertion is necessary when it comes to forest bathing. It's about experiencing the atmosphere of the forest with all your senses and letting your soul simply wander.

### Experience the power of the forest with essential tree oils

Do less, perceive more. The aromatic forest air that we inhale during a walk in the woods naturally contains essential oils. The trees produce them to protect themselves from harmful influences such as insect infestation, heat and sun, and to promote closure after injuries. The essential oils emanate out through the twigs and needles.

In connection with the healing power of the forest, the focus is on essential oils with their abundance of ingredients. They form the spicy, resinous, typically balmy forest scent. The air in the forest is enriched with terpenes and terpene compounds, which are considered particularly curative and anti-inflammatory.

We can also bring the forest home with essential oils. The essential tree oils give us the powerful effect of the forest and let us bathe in the soothing peace of the trees.

## Set „Scent Forest Energy“

Tree Power for Your Inner Balance

Siberian spruce needle • Cedar org •  
Swiss pine org  
44482 3 x 5 ml

More gift sets can be found  
on page 25.

NEW



You can find more information in our  
“Forest Bathing – Experience the Power  
of Forest Fragrances” brochure or at  
[www.primaverallife.com/wissen](http://www.primaverallife.com/wissen)

# Health

Aromatherapy to entice the senses.  
Naturally pure and powerful, plants can  
beneficially affect health and well-being.



# Basic recipes: aromatherapy & aromatic skin care

Essential oils are powerfully concentrated and should not be used directly on the skin. Before use, please note the recommended dosage found on the label and then dilute the essential oils by blending them with a base oil, such as organic almond oil.



## Face care

### FACIAL OIL

2 – 4 drops essential oil in 100 ml base oil (e.g. almond oil).

### TONER

mix 2 drops essential oil with approx. 90 ml floral water and 5 – 10 ml alcohol.

### MASK

mix 3 tbsp mineral clay, healing clay or oatmeal with water to make a paste and add 2 drops essential oil.

### FACIAL STEAM BATH

add 1 – 2 drops essential oil to 2 litres of warm water.

## Soothing emulsion for sensitive skin

- 25 ml Organic Rose Water
- 25 ml Organic Sweet Almond Oil

Pour the water-oil mixture into a glass bottle with a pump dispenser. Shake well before each application.

## Body care

### MASSAGE AND BODY OIL

5 – 10 drops essential oil in 100 ml base oil (e.g. almond oil).

### AROMATIC BATH

Always mix essential oils with an emulsifier: e.g. with 2 tbsp cream or honey, liquid soap or a handful of sea salt. Dose for a full bath: 5 – 15 drops; hip bath: 3 – 5 drops; foot bath: 3 – 5 drops.

### HOT AND COLD COMPRESSES

add 2 – 4 drops essential oil to 2 litres of water.

## Vitalizing Body Oil

- 50 ml Almond Oil org.
- 5 drops Larch org.
- 2 drops Grapefruit org.

Add the essential oils directly to the Almond Oil org. and mix well. After showering, massage the energizing body oil into the still moist skin.

# Essential Oils

Experience plant power for your body, spirit and soul with aromatherapeutic essential oils that holistically enhance your sense of well-being. These powerful oils can do everything from balancing your frazzled mind to stimulating your immune system.



# Growing, extraction, perfume notes and their effects

## Certified wild harvesting

In wild gathering, the plant is harvested where it is found in its original habitat. Harvesting is done by hand and is subject to strict, controlled licenses.

## Demeter farming



The Demeter standard is the most sustainable, holistic, and consistent organic farming standard in the world, and signifies products from biodynamic agriculture. Utmost care is taken to ensure that soil, plants, animals, and humans remain in harmony, to maintain the natural cycle and diversity of living things.

## Certified organic cultivation

Our products are subject to the EU Regulation on Organic Cultivation. This guarantees that only natural plant protections are used to maintain soil fertility and biodiversity.

## Fragrances can affect the senses in so many ways ...

From calming to energizing, essential oils have the power to influence your state of mind. Our selection is color-coded to feature their top effects.

*invigorating*

*harmonizing*

*relaxing*

*vitalising*

*focussing*



Rosemary wild collection of corsica

## Top Note

Volatile • Refreshing • Stimulating • Primarily citrus and needle oils • Evaporate in approx. 2 hours • e. g. Orange

## Middle Note

Harmonizing • Develop their bouquet of fragrances slowly • Primarily flower, flowering herb and spice oils • Evaporate in approx. 3 – 4 hours • e. g. Rose

## Base Note

Grounding, calming • Primarily wood, root and resinous oils • Much less volatile • Evaporate in approx. 5 – 8 hours • e. g. Vetiver Bourbon

# How to use essential oils



## Aroma care

Support your health with essential oils. Thanks to the power of plants, essential oils can be used to treat many everyday complaints and improve wellbeing. Wraps and compresses (see recipes on page 15) are an easy way to use essential oils.

## Room fragrance

Adding the right fragrance to a room can instantly improve your mood and help promote a better sense of well-being. When decorating your space with your choice of colors, patterns and style, make sure to think about using the perfect scent as a finishing touch. Attractive fragrance diffusers like the Aroma Diffuser Feel Happy or an aroma fountain create a cozy, welcoming ambiance. PRIMAVERA Organic Airsprays instantly refresh the fragrance in a room.

## Our tip

Fragrant recipe ideas can be found at [www.primaveralife.com](http://www.primaveralife.com) and basic recipes for individual blends on page 15.





## For the skin

Blend powerful essential oils with high-quality base or seed oils to reap their full, healing benefits as they're massaged into the skin. You can mix and match essential oils for a personalized blend. And they can be incorporated into many recipes such as face masks, body lotions or moisturizers.

## Pure application

The essential oil of real lavender (bot. *Lavandula angustifolia*) can be applied undiluted to very small areas of the skin. In this PRIMAVERA product range, this applies to the products Fine Lavender org., Demeter Fine Lavender, and Lavender extra. The essential oils of Peppermint org. and Tea Tree org. can also be applied undiluted to the skin. Please note the cosmetic dosage recommendations on the label for the essential oils!



## Bath

An aromatherapy bath is good for the skin and the senses. Before adding essential oils to the bath water, you should emulsify them in a little cream or mix them with sea salt (see basic recipe on page 15). You can use different combinations of essential oils according to your mood to create the aromatherapy bath best suited to your needs.

# Essential Oils & Extracts

100% natural

A – Do

Essential Oil	Quality	Aroma Description	Botanical Name • Origin • Plant Part • Extraction • Recommended dosage max. number of drops in 50 ml PRIMAVERA Sweet Organic Almond Oil / Bath additive	Item No.	Content
Angelica Root org.	♥ org.	earthy, herbal, bitter aromatic	Angelica archangelica • France • Root • Distillation • 5 drops	10235 10500	1 ml 5 ml
Aniseed org.	👤 org.	sweet, warm, soft, like fennel	Pimpinella anisum • France • Seeds • Distillation • 10 drops	10104	5 ml
Basil org.	👤 org.	herbal, sweet, fresh, green	Ocimum basilicum • Spain • Herb • Distillation • 10 drops	10605	5 ml
Benzoin Resinoid org.	■ org.	warm, sweet, vanilla-like	Styrax tonkinensis • Laos • Resin • Alcohol extraction • 20 drops	10504	5 ml
Bergamot org.	👤 org.	fresh, green-fruity, light, lively	Citrus bergamia • Italy • Hull • Cold pressing • 1 drop	10240 10239 15300	5 ml 10 ml 50 ml
Blood Orange org.	👤 org./ damaged	fruity, fresh, warm, sweet	Citrus sinensis • Italy • Hull • Cold pressing • 20 drops	10502 10002	5 ml 10 ml
Broom Absolute 15%	♥ conv.	honey-like, floral, hay notes	Spartium junceum 15%, Alcohol org. 85% • France • Blossom • Hexane extraction • 10 drops	11109	5 ml
Cajeput extra	👤 wh	eucalyptus-like, fresh, clear	Melaleuca leucadendron var. cajaputi • Kambodscha • Leaf • Distillation • 17 drops	10509	5 ml
Chamomile Blue org.	♥ org.	herbal, warm, enveloping	Chamomilla recutita • Italy/Egypt • Blossom • Distillation • 5 drops	10110 10151	1 ml 5 ml
Chamomile Roman org.	♥ org.	warm, herbal	Chamaemelum nobile • France/Italy • Herb • Distillation • 5 drops	10033 10152	1 ml 5 ml
Camphor	👤 conv.	clear, fresh, eucalyptus-like	Cinnamomum camphora • China • Leaf/wood • Distillation • 10 drops	10535	5 ml
Cardamom org.	♥ org.	exotic, spicy	Elettaria cardamomum • Sri Lanka • Seeds • Distillation • 10 drops	10133	5 ml
Carrot Seed	■ conv.	warm, earthy, aromatic	Daucus carota • France/Morocco • Seeds • Distillation • 5 drops	10176	5 ml
Cedar Wood org.	♥ org.	woody, warm, balsamic	Cedrus atlantica • France • Wood • Distillation • 2 drops	10164	5 ml
Cedar Wood	♥ wh	woody, warm, balsamic	Cedrus atlantica • Morocco • Wood • Distillation • 2 drops	10595 10095	5 ml 10 ml
Cinnamon Bark org. 60%	♥ org.	sweet-herbal, spicy	Cinnamomum zeylanicum 60%, Alcohol org. 40% • Sri Lanka • Bark • Distillation • 10 drops	10224	5 ml
Citronella org.	👤 org.	fresh, citrusy	Cymbopogon nardus • Nepal • Leaf • Distillation • 15 drops	10508	5 ml
Clary Sage org.	👤 org.	herbal, warm, sweet	Salvia sclarea • France • Herb • Distillation • 7 drops	10056	5 ml
Clove Bud org.	♥ org.	warm, spicy, sweet, hot	Syzygium aromaticum • Madagascar • Bud • Distillation • 5 drops	10061	5 ml
Cocoa Extract org.	♥ org.	warm, vanilla-like, aromatic	Theobroma cacao • Peru • Fruit • Alcohol extraction • 20 drops	10600	5 ml
Coriander org.	👤 org.	spicy, warm, aromatic	Coriandrum sativum • France • Seeds • Distillation • 5 drops	10166	5 ml
Cypress org.	♥ org.	herbal, clear, resinous, masculine	Cupressus sempervirens • France • Branch • Distillation • 5 drops	10603 10103	5 ml 10 ml
Douglas Fir org.	👤 org.	clear, fresh, with citrus notes	Pseudotsuga menziesii • France • Branch • Distillation • 12 drops	10124	5 ml

invigorating

harmonizing

relaxing

vitalising

focussing

Essential Oil	Quality	Aroma Description	Botanical Name • Origin • Plant Part • Extraction • Recommended dosage max. number of drops in 50 ml PRIMAVERA Sweet Organic Almond Oil / Bath additive 	Item No.	Content
Eucalyptus Globulus org.	 org.	 fresh, citrus-like, mild	Eucalyptus globulus • Portugal • Branch • Distillation • 15 drops	10518 10018	5 ml 10 ml
Eucalyptus Citriodora org.	 org.	 fresh, clear, camphor-like	Corymbia citriodora • Brazil • Branch • Distillation • 5 drops	10609	5 ml
Eucalyptus Radiata org.	 org.	 fresh, clear, camphor-like	Eucalyptus radiata • Australia • Branch • Distillation • 15 drops	10220	5 ml
Fennel bitter demeter	 	 herbal-sweet, anise-like, mild	Foeniculum vulgare • Italy • Seeds • Distillation • 10 drops 	10521	5 ml
Frangipani Absolute 20%	 conv.	 exotic, sweet, flowery, heavy	Plumeria acutifolia 20%, Alcohol org. 80% • India • Blossom • Hexane extraction • 10 drops	11108	5 ml
Frankincense Arabian	 conv.	 resinous, sweet, balsamic	Boswellia carteri • Somalia • Resin • Distillation • 15 drops	10178	5 ml
Frankincense Indian	 conv.	 resinous, fresh	Boswellia serrata • India • Resin • Distillation • 10 drops	10698	5 ml
Galbanum	 conv.	 warm, spicy, resinous	Ferula galbaniflua • Iran • Resin • Distillation • 5 drops	10023	5 ml
Geranium org.	 org.	 warm, rosy, floral	Pelargonium graveolens • Egypt • Herb • Distillation • 15 drops	10643 10143	5 ml 10 ml
Giant Fir org.	  org.	 fresh, clear, woody, citrus	Abies grandis • France • Branch • Distillation • 10 drops	10172	5 ml
Grapefruit org.	 org.	 tangy, fresh, fruity	Citrus paradisi • Brazil/Mexico • Hull • Cold pressing • 2 drops	10148	5 ml
Ginger org.	  org.	 firey, hot, spicy	Zingiber officinale • Sri Lanka • Root • Distillation • 10 drops	10528	5 ml
Himalayan Cedar Extra	 wh  conv.	 woody, balmy	Cedrus deodara • India • Root • Distillation • 2 drops	10526	5 ml
Ho-Leaf	  conv.	 soft, fine wood, rose-like	Cinnamomum camphora • Taiwan • Branch • Distillation • 5 drops	10524	5 ml
Honey extract org.	 org.	 warm, sweet, wax note	Honey/honeycomb • France • Alcohol extraction • 20 drops	10525	5 ml
Hyssop org.	 org.	 spicy, clear, sweet, with honey note	Hyssopus officinalis • Spain • Herb • Distillation • 5 drops	10094	5 ml
Immortelle demeter	  	 herbal-sweet, herbaceous, warm	Helichrysum italicum • France • Herb • Distillation • 4 drops	10027 10025	1 ml 5 ml
Iris 1%	 conv.	 violet-like, delicate, spirited	Iris pallida, Michelia champaca, Alcohol org. 99% • Italy • Root • Distillation • 20 drops	11110	5 ml
Iris 95%	 conv.	 violet-like, delicate, spirited	Iris pallida 95%, Michelia champaca 5% • Italy • Root/blossom • Distillation • 2 drops	10030	1 ml
Jasmine Absolute 4%	 conv.	 captivating, floral, sensual	Jasminum grandiflorum 4%, Alcohol org. 96% • Egypt • Blossom • Hexane extraction • 20 drops	11120	5 ml
Jasmine Absolute	 conv.	 captivating, floral, sensual	Jasminum grandiflorum • Egypt • Blossom • Hexane extraction • 5 drops	10150	1 ml
Jasmine Sambac Absolute	 conv.	 captivating, floral, sensual	Jasminum sambac • India • Blossom • Hexane extraction • 5 drops	10190	1 ml
Juniper org.	 org.	 fresh, green, woody, masculine	Juniperus communis • France • Branch/fruit • Distillation • 15 drops	10173	5 ml



Mix the drops in 3 tablespoons of sea salt and place in the bath.

wh = wild harvested | dem. = demeter | org. = certified organic | conv. = conventional cultivation

Essential Oil	Quality	Aroma Description	Botanical Name • Origin • Plant Part • Extraction • Recommended dosage max. number of drops in 50 ml PRIMAVERA Sweet Organic Almond Oil / Bath additive 	Item No.	Content
Juniper Berry org.	 org.	 powerful, fruity, green, woody	Juniperus communis • Bosnia • Fruit • Distillation • 15 drops	10607	5 ml
Labdanum org.	 org. 	 warm, herbal, aromatic	Cistus ladanifer • Portugal • Herb • Distillation • 5 drops	10011	5 ml
Larch org.	 org.	 woody, gentle	Larix decidua • Austria • Twigs • Distillation • 6 drops	10538	5 ml
Laricio Pine Extra org.	 org.  wh	 resinous-woody, bloomy, citrus-like	Pinus laricio • Corsica • Twigs • Distillation • 7 drops	10038	5 ml
Lavandin demeter	 	 fresh, herbal, bright, clear	Lavandula hybrida • Italy • Herb • Distillation • 12 drops	10541 10041 15304	5 ml 10 ml 50 ml
Lavender Extra	 wh	 fresh, floral/herbal, clear, airy, pure	Lavandula angustifolia • France • Panicle • Distillation • 12 drops, punctually 1 drop pure	10155	5 ml
Lavender Fine demeter	 	 fresh, herbal, mildly camphor-like	Lavandula angustifolia • Italy/France • Herb • Distillation • 12 drops, punctually 1 drop pure	10543	5 ml
Lavender Fine org.	 org.	 fresh, herbal, mildly camphor-like	Lavandula angustifolia • Italy/France • Herb • Distillation • 12 drops, punctually 1 drop pure	10542 10042 15314	5 ml 10 ml 50 ml
Lavender Sage org.	 org.	 herbal, slightly camphor-like, fresh	Salvia lavandulifolia • Spain • Herb • Distillation • 2 drops	10076	5 ml
Lemon demeter	 	 fresh, tangy, clear	Citrus limon • Italy • Hull • Cold pressing • 10 drops	10598	5 ml
Lemon org.	 org.	 fresh, tangy, clear	Citrus limon • Italy • Hull • Cold pressing • 10 drops	10599 10099 15311	5 ml 10 ml 50 ml
Lemongrass org.	 org.	 citrus-like, fresh, cool, powerful	Cymbopogon flexuosus • Nepal • Herb • Distillation • 15 drops	10249 10250 15313	5 ml 10 ml 50 ml
Lemon Verbena org.	 org.	 fresh, citrusy, light	Aloysia citriodora • Morocco • Herb • Distillation • 5 drops	10264	1 ml
Lemon Verbena Peru org.	 org.	 fresh, citrusy, light	Aloysia citriodora • Peru • Herb • Distillation • 5 drops	10263	5 ml
Lemon Verbena org. 10%	 org.	 fresh, citrusy, light	Aloysia citriodora 10%, Cymbopogon flexuosus 90% • Morocco/Bhutan • Herb/leaf • Distillation • 15 drops	10217	5 ml
Lime org.	 org.	 lively, fresh, fruity	Citrus aurantifolia • Brazil/Mexico • Hull • Cold pressing • 1 drop 	10193 10693	5 ml 10 ml
Linaloe Wood	 conv. 	 warm, woody, fine, rosy	Bursera delpechiana • Mexico • Wood • Distillation • 5 drops	10695	5 ml
Litsea org.	 org.	 fresh, light, citrus-like	Litsea cubeba • Vietnam • Fruit • Distillation • 9 drops	10549 10550	5 ml 10 ml
Magnolia Flower 15%	 conv.	 fine, floral, sweet, exotic	Michelia champaca 15%, Alcohol org. 85% • China • Blossom • Distillation • 20 drops	11126	5 ml
Mandarin Green org.	 org.	 fresh, fruity, green, tangy	Citrus reticulata • Brazil • Hull • Cold pressing • 10 drops	10051	5 ml
Mandarin Red org.	 org./ 	 fresh, fruity, sweet, sunny	Citrus reticulata • Italy • Hull • Cold pressing • 10 drops	10520	5 ml
Mandarin Red org.	 org.	 fresh, fruity, sweet, sunny	Citrus reticulata • Italy • Hull • Cold pressing • 10 drops	10137 10020	5 ml 10 ml
Mandarin Red	 conv.	 fresh, fruity, sweet, sunny	Citrus reticulata • Italy • Hull • Cold pressing • 10 drops	10561	5 ml
Manuka	 conv.	 spicy, fresh, herbal-floral	Leptospermum scoparium • New Zealand • Leaf • Distillation • 4 drops	10045	5 ml

invigorating

harmonizing

relaxing

vitalising

focussing

Essential Oil	Quality	Aroma Description	Botanical Name • Origin • Plant Part • Extraction • Recommended dosage max. number of drops in 50 ml PRIMAVERA Sweet Organic Almond Oil / Bath additive	Item No.	Content
Marjoram org.	org.	spicy, warm, herbal	Origanum majorana • Egypt/France • Herb • Distillation • 15 drops	10112	5 ml
Melissa org.	org.	spicy, warm, herbal	Melissa officinalis • France/Italy • Herb • Distillation • 2 drops	10052	1 ml
Melissa org. 30%	org.	fresh, delicate, warm	Melissa officinalis 30%, Lavandula angustifolia 70% • France/Italy • Herb • Distillation • 10 drops	10552 10248	1 ml 5 ml
Mimosa Absolute 15%	conv.	delicate, floral, soft, warm	Acacia dealbata 15%, Alcohol 85% • France • Blossom • Hexane extraction • 20 drops	11127	5 ml
Mountain Pine org.	org.	woody, resinous, fresh, clear	Pinus mugo • Austria/Italy • Branch • Distillation • 12 drops	10539	5 ml
Myrrh	conv.	bitter sweet, deep, balsamic	Commiphora molmol • Ethiopia/Somalia • Resin • Distillation • 15 drops	10177	5 ml
Myrtle Peru org.	org.	fresh, clear, green	Myrtus communis • Peru • Branch • Distillation • 20 drops	10209	5 ml
Myrtle Turkish org.	org.	fresh, clear, green	Myrtus communis • Turkey • Branch • Distillation • 1 drop	10187	5 ml
Mint Moroccan org.	org.	fresh, light, soft mint aroma	Mentha viridis var. nana • Morocco • Herb • Distillation • 10 drops	10559	5 ml
Neroli org.	org.	delicate, floral, fresh, sweet	Citrus aurantium ssp. amara • Egypt • Blossom • Distillation • 5 drops	10158 10169	1 ml 5 ml
Neroli Moroccan	conv.	delicate, floral, fresh, sweet	Citrus aurantium ssp. amara • Morocco • Blossom • Distillation • 5 drops	10060	1 ml
Neroli Moroccan 10%	conv.	delicate, floral, fresh, sweet	Citrus aurantium ssp. amara 10%, Alcohol org. 90% • Morocco • Blossom • Distillation • 20 drops	11121	5 ml
Niauli org.	org.	clear, herbal, fresh, camphor-like	Melaleuca viridiflora • Madagascar • Branch • Distillation • 15 drops	10565	5 ml
Orange demeter	demeter	fruity, fresh, warm, sweet	Citrus sinensis • Italy • Hull • Cold pressing • 20 drops	10563	5 ml
Orange org	org.	fruity, fresh, warm, sweet	Citrus sinensis • Italy • Hull • Cold pressing • 20 drops	10562 10062 15308	5 ml 10 ml 50 ml
Origanum org 31%	org.	spicy, herbal	Origanum vulgare 31%, Alcohol 69% • France • Herb • Distillation • 10 drops	11135	5 ml
Osmanthus Absolve 5%	conv.	exotic, sweet, flowery	Osmanthus fragrans var. amara, Alcohol 95% • Australia • Blossom • Hexane extraction • 20 drops	10074	5 ml
Oud 5%	conv.	deep, earthy, smoky, balsamic	Aquilaria agallocha 5%, Alcohol 95% • Cambodia • Wood • Distillation • 7 drops	11129	5 ml
Palmarosa org.	org.	fine, floral, rose note	Cymbopogon martinii var. motia • Nepal • Herb • Distillation • 10 drops	10620	5 ml
Patchouli org.	org.	earthy, exotic, balsamic	Pogostemon cablin • Sri Lanka/Madagascar • Leaf • Distillation • 6 drops	10119	5 ml
Petit Grain org.	org.	airy, fresh, herbal, citrus note	Citrus aurantium var. amara • Paraguay/Egypt • Leaf/branch • Distillation • 5 drops	10050	5 ml
Pepper Black org.	org.	spicy, warm, hot, intense	Piper nigrum • Sri Lanka • Fruit • Distillation • 20 drops	10127	5 ml
Peppermint demeter	demeter	radiant, fresh, cool, clear	Mentha piperita • Italy • Herb • Distillation • 5 drops	10554	5 ml
Pine Needle org.	org.	fresh, resinous, woody, masculine	Pinus silvestris • France • Branch • Distillation • 12 drops	10211	5 ml
Ravintsara org.	org.	clear, fresh, woody, camphor-like	Cinnamomum camphora • Madagascar • Branch • Distillation • 20 drops	10570	5 ml
Rose Absolute	conv.	rosy, heavy, sweet	Rosa damascena • Turkey • Blossom • Hexane extraction • 1 drops	10225	1 ml

☞ Mix the drops in 3 tablespoons of sea salt and place in the bath.

wh = wild harvested | dem. = demeter | org. = certified organic | conv. = conventional cultivation

Essential Oil	Quality	Aroma Description	Botanical Name • Origin • Plant Part • Extraction • Recommended dosage max. number of drops in 50 ml PRIMAVERA Sweet Organic Almond Oil / Bath additive 	Item No.	Content
Rose Bourbon Absolute	 conv.	 rosy, luxuriant, sweet, captivating	Rosa borboniana • India • Blossom • Hexane extraction • 1 drop	10228	1 ml
Rose Afghan org.	 org.	 rosy, deep, full	Rosa damascena • Afghanistan • Blossom • Distillation • 2 drops 	10247 15162	1 ml 5 ml
Rose Afghan org. 10%	 org.	 rosy, deep, full	Rosa damascena 10%, Alcohol org. 90%, Afghanistan • Blossom • Distillation • 2 drops	11136	5 ml
Rose Bulgarian org. 10%	 org.	 rosy, heavy, sweet, ripe	Rosa damascena 10%, Alcohol org. 90% • Bulgaria • Blossom • Distillation • 2 drops	11138	5 ml
Rose Gallica	 conv.	 rosy, heavy, ripe	Rosa gallica • Georgia • Blossom • Distillation • 5 drops	10262	1 ml
Rose Persian org. 10%	 org.	 rosy, heavy, full	Rosa damascena 10%, Alcohol org. 90% • Iran • Blossom • Distillation • 2 drops	11139	5 ml
Rose Turkish org. 10%	 org.	 rosy, full, heavy	Rosa damascena 10%, Alcohol org. 90% • Turkey • Blossom • Distillation • 2 drops	11143	5 ml
Rose Turkish 10%	 conv.	 rosy, full, heavy	Rosa damascena 10%, Alcohol org. 90% • Turkey • Blossom • Distillation • 2 drops	11125	5 ml
Rose Attar	 conv.	 rosy, heavy, oriental, warm	Rosa damascena, Santalum album • India • Blossom/wood • Distillation • 3 drops	10206	5 ml
Rosemary org.	 org.	 fresh, clear, herbal	Rosmarinus officinalis c.t. campher • Portugal/Spain • Herb • Distillation • 15 drops	10575 10075	5 ml 10 ml
Rosemary Cineole org.	 org.	 clear, fresh, camphor-like	Rosmarinus officinalis c.t. cineol • Morocco/Tunesia • Herb • Distillation • 15 drops	10185	5 ml
Rosemary Verbenon org.	 org.	 clear, fresh, camphor-like	Rosmarinus officinalis c.t. verbenon • France • Herb • Distillation • 2 drops	10576	5 ml
Sage org.	 org.	 spicy, clear, herbal	Salvia officinalis • Bosnia/France • Herb • Distillation • 1 drops	10577	5 ml
Sandalwood Indian	 wh	 warm, woody, balsamic	Santalum album • India • Wood • Distillation • 5 drops	10079	5 ml
Sandalwood New Caledonian	 conv.	 warm, woody, balsamic	Santalum austrocaledonicum • New Caledonia • Wood • Distillation • 4 drops	10230	5 ml
Siberian Fir	 wh	 fresh, woody, spicy, green	Abies sibirica • Russia • Branch • Distillation • 10 drops	10522	5 ml
Silver Fir org.	 org.	 fresh, clear, woody, green	Abies alba • France/Bulgaria • Branch • Distillation • 12 drops	10139	5 ml
Spearmint org.	 org.	 fresh, green, clear, light	Mentha spicata • India • Herb • Distillation • 15 drops	10614	5 ml
Spike Lavender org.	 org.	 fresh, herbal, clear, lavender-like	Lavandula latifolia • Spain • Herb • Distillation • 10 drops	10192	5 ml
Spikenard org.	 org.	 warm, earthy, valerian-like	Nardostachys jatamansi • Nepal/India • Root • Distillation • 10 drops	10560	5 ml
St. John's Wort org.	 org.	 hay-like, warm	Hypericum perforatum • France • Herb • Distillation • 10 drops	10031	1 ml
Swiss Pine org.	 org.	 woody, fresh, clear	Pinus cembra • Austria • Branch • Distillation • 12 drops	10597	5 ml
Tea Tree org.	 org.	 spicy, herbal, strong, fresh	Melaleuca alternifolia • Australia • Branch • Distillation • 12 drops, punctually 1 drop pure	10682 10182	5 ml 10 ml
Thyme Linalool org.	 org.	 mild, sweet, citrus, fresh	Thymus vulgaris c.t. linalool • France • Herb • Distillation • 12 drops	10163	5 ml
Thyme Thymol org.	 org.	 intensive, herbal	Thymus vulgaris c.t. thymol • Spain • Herb • Distillation • 5 drops 	10583	5 ml
Thyme Turkish org.	 org.	 fresh, mildly herbal	Thymus serpyllum • Turkey • Herb • Distillation • 5 drops	10584	5 ml
Tonka Extract org.	 org.	 warm, sweet, bitter almond note	Dipteryx odorata • Brazil • Fruit • Alcohol extraction • 5 drops	10586	5 ml

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Essential Oil	Quality	Aroma Description	Botanical Name • Origin • Plant Part • Extraction • Recommended dosage max. number of drops in 50 ml PRIMAVERA Sweet Organic Almond Oil / Bath additive	Item No.	Content
Tuberose 5%	♥ conv.	 captivating, floral, sweet, feminine	Polianthes tuberosa 5%, Alcohol org. 95% • India • Blossom • Hexane extraction • 20 drops	11130	5 ml
Vanilla Extract org.	■ org.	 sweet, warm, balsamic, soft	Vanilla planifolia • Madagascar • Hull • Alcohol extraction • 20 drops	10087	5 ml
Violet Leaf Absolute 13%	♥ conv.	 green, full	Viola odorata 13%, Alcohol org. 87% • Egypt • Leaf • Hexane extraction • 5 drops	11145	5 ml
Vetiver org.	■ org.	 heavy, dark, earthy	Vetiveria zizanioides • El Salvador / Sri Lanka • Root • Distillation • 2 drops	10203	5 ml
Vetiver Bourbon mature	■ conv.	 earthy, deeply sensual, with wood, tobacco, and caramel notes	Vetiveria zizanioides • Réunion • Root • Distillation • 2 drops	10205	5 ml
Wintergreen org.	♥ org.	 green, aromatic, spicy	Gaultheria fragrantissima • Nepal • Leaf • Distillation • 5 drops	10590	5 ml
Ylang Extra Superior org.	♥ org.	 bloomy, sweet, exotic, feminine, heavy	Cananga odorata • Madagascar • Blossom • Distillation • 10 drops	10223	5 ml
Ylang-Ylang Complete org.	♥ org.	 bloomy, sweet, exotic, feminine, heavy	Cananga odorata • Madagascar • Blossom • Distillation • 7 drops	10162	5 ml
Yarrow org.	♥ org.	 warm, herbal, bitter aromatic	Achillea millefolium • Hungary • Herb • Distillation • 10 drops	10581	5 ml

 Mix the drops in 3 tablespoons of sea salt and place in the bath.  
 wh = wild harvested | dem. = demeter | org. = certified organic | conv. = conventional cultivation

## Set „Nature's Apothecary“

### Get Well with Essential Oils

The three most important essential oils for the home medicine chest in one set.

Tea Tree org. • Lavender Fine org. • Peppermint org.  
44480 3 × 5 ml



## Set „Joy of Citrus“

### Happiness for Every Season

Three of the most popular essential citrus oils in one set.

Grapefruit org. • Lemon org. • Orange org.  
44481 3 × 5 ml



# Organic Oil as skin care

Native organic oils are incredibly similar to our skin structure and help regenerate and intensively moisturize. When applied to moist skin they are quickly absorbed, leaving it feeling wonderfully soft. Our organic oils are made using carefully controlled cold pressing techniques to preserve all of the precious, effective ingredients and vital substances.





## ORGANIC ALOE VERA OIL

*Aloe barbadensis*

Intensely moisturizing and effectively soothing. Ideal for sensitive skin and after sun exposure.

74504 50 ml

74304 100 ml

## ORGANIC APRICOT KERNEL OIL

*Prunus armeniac*

Smooths, firms, and promotes elasticity of the skin. For any skin type.

74303 100 ml

## ORGANIC ARGAN SEED OIL

*Argania spinosa*

Strengthens the skin and protects against free radicals. For dry, mature skin and caring for the ends of the hair.

74203 30 ml

## ORGANIC AVOCADO OIL

*Persea gratissima*

Intensely regenerating and strengthens the skin's protective barrier. Protects against moisture loss and cares for rough, very dry skin.

74305 100 ml

## ORGANIC CALENDULA OIL

*Calendula officinalis*

Makes sensitiv, inflamed skin more resistant, suitable for children and babies.

74307 100 ml

## ORGANIC HEMP SEED OIL

*Cannabis sativa L.*

The spicy, nutty-smelling oil promotes cell regeneration in sensitive, inflamed skin, strengthens the barrier function, and protects the skin from moisture loss.

74520 50 ml

## ORGANIC POMEGRANATE SEED OIL

*Punica granatum*

Regenerating, strenghtening, warming.

For dry, cracked skin. As a care oil for aromatherapy pain-relieving mixtures.

74200 30 ml

available  
May 2020



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ORGANIC

## PUMP DISPENSER FOR ORGANIC BODY OILS

For cleaner, better dispensing.  
For 30/50 & 100 ml, can be shortened  
as needed to the correct length.  
Only suited for PRIMAVERA organic  
body oils!

61024



## ORGANIC ST. JOHN`S WORT OIL

*Hypericum perforatum*

Regenerates, strengthens, warms. For dry,  
chapped skin. As a base oil for aromatherapy  
pain relief blends.

74510 50 ml

74310 100 ml

## ORGANIC JOJOBA OIL

*Simmondsia chinensis*

Promotes elasticity and firms the skin. Protects  
against moisture loss and environmental influen-  
ces. Cares for impure and also mature, dry skin.

74502 50 ml

74302 100 ml

## ORGANIC CAMELLIA SEED OIL

*Camellia oleifera*

Smooths, reduces irritation, and strengthens;  
creates a protective barrier.

74201 30 ml

## ORGANIC MACADAMIA NUT OIL

*Macadamia*

Regenerates and smoothes. Exceptionally com-  
patible and extensively cares for dry, deman-  
ding and sensitive skin. The ideal base oil for  
massage.

74308 100 ml

## ORGANIC PASSION FRUIT SEED OIL

*Passiflora edulis*

Nourishes and cares for dry, irritated skin. High  
content of valuable linoleic acid. Absorbs quickly  
and leaves a velvety, elastic feeling on the skin.

74208 30 ml

NEW

## ORGANIC EVENING PRIMEROSE SEED OIL

*Oenothera biennis*

A very soothing oil, strengthens the skin's protec-  
tive barrier. For irritated, inflamed, dry skin. Very  
helpful in cases of neurodermatitis.

74202 30 ml

## ORGANIC SALLOW THORN OIL

*Hippophae rhamnoides*

Works to combat skin damage, protects against  
free radicals. Very soothing to the skin and rege-  
nerating. For damaged, stressed skin.

74206 30 ml

## ORGANIC BLACK CUMIN OIL

*Nigella sativa*

Strengthens the skin barrier, protects against  
moisture loss. Supports healthy skin metabo-  
lism. For sensitive skin prone to irritation.

74306 100 ml

## ORGANIC SESAME OIL

*Sesamum indicum*

Supports the skin's resilience. Strengthening,  
reinforcing, warming. Traditionally used in  
various Ayurvedic treatments and during fasting.

74309 100 ml

## ORGANIC SHEA BUTTER

*Butyrospermum parkii*

Locks in moisture in very dry, chapped skin,  
anti-inflammatory.

74299 25 ml

## WHEAT GERM OIL

*Triticum aestivum*

Promotes skin elasticity, helps to prevent stretch  
marks, e.g. during pregnancy.

74311 100 ml

## ORGANIC ROSE HIP OIL

*Rosa moschata*

Intensively regenerating, smoothing and moistur-  
izing. For dry, flaky skin. Cares for scars.

74204 30 ml

## Gentle care for baby & mommy with organic body oils

To care for little ones' skin, we recommend: As little as necessary, as pure as possible.

### Basic care

#### with soothing organic almond oil

- Body care and massage after a bath.
- As a natural alternative to disposable cleansing wipes, add a few drops to a damp washcloth.
- Fragrance-free body care for mommy, while gentle stomach massages promote restoration. Gently rub clean.

### Special care

#### with soothing organic calendula oil

- In case of a sore baby bottom, clean with water and calendula oil and air dry. Then apply the oil again.
- To soften cradle cap, gently rub into the affected areas and leave overnight under a cotton cap. Afterwards, gently rub off the scaly skin.
- Irritated nipples recover more quickly and painful cracks are prevented. Gently rub in after breastfeeding.

### Our application tip: Baby massage with Organic Sweet Almond Oil

A special blend of skincare and loving attention. After bathing, begin by spreading hand-warmed Almond Oil on the upper body, from the heart outwards. Finally, briefly hold the little feet to warm them.



# Organic Floral Waters

## Gentle aromatherapy in a convenient spray

Produced during the steam distillation of aromatic and medicinal plants, floral waters contain water-soluble plant substances along with a small amount of essential oils. The combination of the plant substances along with the oil means that the floral water fragrance might differ from that of the pure essential oil.

The positive effect of floral waters can be experienced immediately after spraying. They can be used as a facial toner, shaving water or a refreshing body spray, as well as to make perfumes, compresses, and wraps.





### ORGANIC IMMORTELLE WATER

*Helichrysum italicum*

Warm, spicy scent. Fast-acting first aid spray for black and blue marks, slight bruises, and aching muscles.

74103 100 ml

### ORGANIC LAVENDER WATER

*Lavandula angustifolia*

Herbal, mellow scent. Soothes and balances itchy skin. Alleviates mild sunburn.

74104 100 ml

### ORGANIC ORANGE BLOSSOM WATER

*Citrus aurantium*

Delicate, floral scent. Refines the complexion, for skin prone to redness. Soothes the skin and the senses.

74100 100 ml

### ORGANIC PEPPERMINT WATER

*Mentha piperita*

Minty, clean scent. Cooling and clarifying. Refreshes tired, heavy legs.

74105 100 ml

### ORGANIC ROSE WATER

*Rosa damascena*

Envelops the skin and the senses, instantly harmonizing. Locks moisture into the skin.

74102 100 ml

### ORGANIC SOS SPRAY

Provides instant, soothing freshness whenever you're feeling the heat. The sensual scent of orange blossom, rose, and witch hazel lifts the mood and reduces stress.

74109 30 ml

### ORGANIC WITCH HAZEL WATER

*Hamamelis virginiana*

Sharp, herbal scent. Its astringent effect is ideal for large pores and oily skin.

74101 100 ml



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# Aroma Comfort

Aromatherapy for health  
and wellbeing

In high-quality recipes, combining 100 % all-natural plant power with finely fragrant balms, sprays, and fragrance blends, in organic quality and primarily vegan.

## Interested?

You can find more information  
on our Wellbeing products  
at [www.primaveralife.com](http://www.primaveralife.com)



# Head Comfort

## For a clear head

The aroma Roll-on has a clarifying and soothing effect. It helps with mild headaches and is pleasantly cooling.

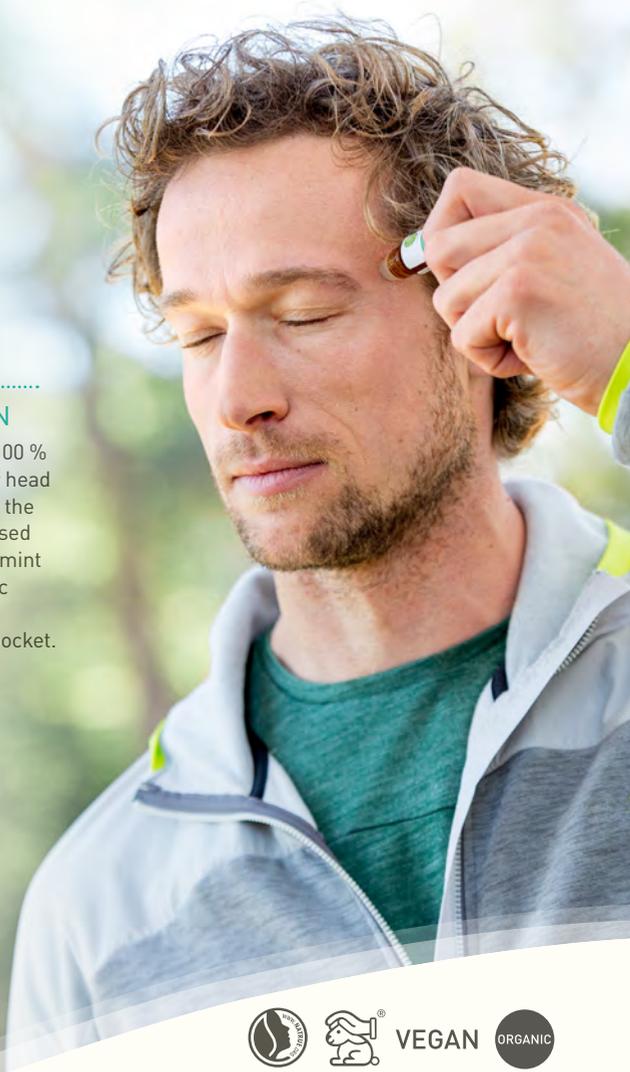


### HEAD COMFORT AROMA ROLL-ON

The revitalizing fragrance experience with 100 % all-natural essential oils helps keep a clear head and relieve mild headaches. The formula of the Head Comfort Organic Aroma Roll-On is based on premium Peppermint Water and Peppermint Oil and contains the unique power of holistic aromatherapy.

Practical roll-on application – fits in every pocket.

21400 10 ml



VEGAN



# Muscle & Joint Comfort

Move with natural ease

Staying active keeps you happy!  
For good health, natural joie de vivre,  
and reducing tension and stress.  
The new Muscle and Joint Comfort products  
provide 100 % pure plant power for natural  
regeneration and wellbeing.





## MUSCLE COMFORT ORGANIC ACTIVE RELIEF OIL

This muscle oil helps relieve sore muscles following physical activity, e.g. for muscle aches and tension.

When massaged into the skin, the muscles are loosened and regenerated. Blood circulation is stimulated, with a pleasant warming effect.

21810 50 ml

## JOINT COMFORT ORGANIC ACTIVE RELIEF OIL

Mobilizing massages and rubs can help restore flexibility to stressed joints. The Joint Comfort Ointment supports the soothing, pain-relieving effects of a massage.

21800 50 ml

### Our tip

For an even more intensive effect: Organic Immortelle Water is a tried and tested first aid spray for black and blue marks, slight bruises, and aching muscles.

Sprayed on before applying a Muscle or Joint Comfort oil, the oil penetrates even faster for immediate relief.



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# Fem Comfort

## Balance during menopause

In the intense menopause period, inner balance is important for the health of body, mind, and soul. The Wellbeing for Women products, with 100% all-natural plant power, help you maintain essential balance during this intense time of change.





Also for young women!  
Herbal help for menstrual cramps and pains.

### ORGANIC HOT FLASH RELIEF SPRAY

Refreshing & balancing body spray based on high-quality herbal waters. Cools and nourishes the skin. At the first signs of a hot flash, spray on the face and décolleté area and consciously enjoy the balancing fragrance.

21710 50 ml

### ORGANIC BELLY RELIEF OIL

Cares for maturing skin with evening primrose and pomegranate seed oil. Has a balancing effect on hormonal mood swings. Apply and treat yourself to a moment of peace and mindfulness for your femininity.

Also has a balancing & relaxing effect for menstrual pain.

21700 50 ml

### Tip

For strong hot flashes at night, keep the spray beside the bed together with fresh nightwear. Then you will have a cooling, refreshing remedy and dry clothes ready to hand, so you can relax and sink back into your pillow.



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# Sleep Comfort

For restorative sleep

Besides air, water, and well-balanced nutrition, sleep is one of the most important pillars of our health. The relaxing, cozy scent of Sleep Comfort helps you leave your everyday stress behind you and supports healthy sleep. 100% pure and natural essential oils from lavender, neroli, and vanilla unfold in high-quality recipes, providing a beneficial effect for your skin and senses.



NEW



### ORGANIC PILLOW MIST

Finely fragrant pillow spray for restorative sleep. A trusted bedtime ritual, even when you're away from home. Spray directly on to the pillow or in the room.

21620 30 ml

### ORGANIC BALM

Relaxing balm that cares for the skin with high-quality almond and apricot kernel oil. Also suitable for brief relaxation massages. Rub the balm gently into the chest, back or feet, relax, and go to sleep.

21610 50 ml

### ORGANIC AROMA ROLL-ON

Handy Aroma Roll-On with relaxing fragrance blend that promotes restorative sleep at home or when traveling. Apply to the neck and temples or underneath the nose.

21600 10 ml

### ORGANIC BLEND

Relaxing and soothing fragrance blend – also suitable for aromatic baths. For a full bath, mix a maximum of 10 drops of the fragrance mixture in 3 tablespoons of sea salt and pour into the bath water already taken.

21630 5 ml

### ORGANIC GOOD NIGHT STICK

With this handy stick, you can take the calming and relaxing fragrance of Lavender, Vanilla, and Neroli with you wherever you go – it's aromatherapy to go.

Fragrance remains effective for at least 12 weeks after opening.

21640 0,8 ml



VEGAN



# Cold Comfort

Breathe deep in the cold season

Breathe deeply with the power of eucalyptus. Preventative care of the airways is important to maintain your health, especially during the cold time of year. 100 % pure and natural essential oils of Eucalyptus, Spruce Needles and Swiss Pine encourage deep breathing, and are both relieving and strengthening. Combined in high-quality aromatherapy recipes, the essential oils provide new strength to stay healthy even during the cold season.





### ORGANIC PILLOW MIST

Finely fragrant pillow spray that encourages deep breathing and supports healthy sleep. Kills germs and refreshes fabrics. Spray directly on to the pillow or into the air of the room.  
21520 30 ml

### ORGANIC BALM

Caring and relieving balm for chest and back rubs. Also soothes irritated skin around the nose. Suitable for children aged 6 and above.  
21510 50 ml

### ORGANIC BLEND

Freeing and strengthening fragrance blend that encourages deep breathing – also suitable for aroma baths. For a full bath, add max. 10 drops to 3 tbsp of sea salt and add to the bath water after running the bath.  
21530 5 ml

### ORGANIC BREATHE EASY STICK

Relieving and strengthening fragrance that encourages deep breathing. In a practical stick, you can always keep the fragrance with you on the move. Hold directly under the nose and breathe deeply.  
21500 0,8 ml

### ORGANIC BABY & KIDS BALM

Suitable for ages 6 months and up. The balm is an effective helper for babies and children with runny noses and colds. Stimulates deep breathing, leaving them to sleep calmly.  
21540 30 ml



VEGAN



\* The exception: our Organic Balm. We use untreated beeswax here.

# Aromatherapy

## For geriatric and nursing care

For more than 30 years employees in hospitals and the care sector have trusted the powerful effects of PRIMAVERA essential oils.

The proven recipes are not only beneficial in a professional environment. Even your loved ones at home are effectively supported in long-term prophylactic therapy and health care.



### AROMACARE COMPANION OIL

Encouraging and strengthening fragrance blend for use with a wide variety of fragrance diffusers and fragrance carriers. Especially suitable as support in a person's final hours, and in emotionally difficult situations.

76810 10 ml

### AROMACARE ORGANIC SKIN REGENERATION OIL

Care, protection, and regeneration of the skin. This massage oil is especially suitable for strengthening the skin's barrier function, and for scar care. Can be used to prevent bedsores and chafing.

76706 50 ml

### AROMACARE ORGANIC RELAXATION OIL

Effective care and protection for the skin. Together with a soothing massage, it helps with restlessness and promotes healthy, relaxed sleep.

76708 50 ml

### Our tip

For calming and relaxation in the evening add 1 to 2 pump strokes of the Relaxation Oil to the wash water.

Available in pharmacies and  
therapeutic specialist shops.



## AROMACARE ORGANIC MUSCLE AND JOINT MASSAGE OIL

Caring skin oil for regular massages of stressed muscles and joints.  
76709 50 ml

## AROMACARE ORGANIC BREATHE EASY OIL

Caring massage oil for the skin. Preventative and supportive during the cold season, for deeper breathing.  
76707 50 ml

## AROMACARE ORGANIC SOS CARE OIL

Cares for stressed skin, regenerates, and supports the faster removal of hematomas.  
76704 50 ml

## AROMACARE ORGANIC ORAL CARE OIL

Helps effectively preserve oral health and provides pleasant freshness.  
76705 50 ml

available  
March  
2020

available  
March  
2020



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\* except Companion Oil

# Wellness

Looking for something to brighten your mood?

Our 100% naturally pure scents can support you in all your activities. Use our 4 effect groups to help you find the right fragrance for any mood. Trust in the power of essential oils from PRIMAVERA!



# Apply your scents, your way

Experience our unique and natural aromatherapeutic fragrances with our easy-to-use and effective range of application methods.



## Organic Airsprays ...for a burst of joie de vivre

Instantly add a burst of fresh fragrance to any room with our convenient organic airsprays.

Made with 100 % naturally pure organic ingredients, these fragrances quickly create the perfect mood in your home, at the office or even while traveling. Find calm in the bedroom, energize in the kitchen and boost concentration at work.

## Aroma Roll-Ons ...Perfectly portable aromatherapy

Achieve a sense of healing well-being no matter where you are with our herbal and floral water-based formulas featuring pure essential oils. Easy for everyday use, simply roll onto the neck, forehead and temples and breathe in the therapeutic fragrance.



## Blends ...Feel good fragrance combinations

Our aromatherapy experts have blended our 100% pure, natural essential oils to create the perfect fragrance formulas. Use them in a candle diffuser, a diffuser or a aroma fountain to benefit from their mood-enhancing properties as they cleanse the air and fill the room with pleasantly wonderful fragrances.



# FOR THE LOVE OF A CHILD

Step by step, children explore life, discover the world, looking at every stone and leaf in amazement. But growing up also means mastering challenges. The little scented heroes of PRIMAVERA are effective helpers in everyday life. They smell good, do good, give children support and parents the opportunity to stand by their children's sides with empathy.



You can find more information in our "Little fragrant Heroes with a Big Effect" brochure or at [www.primaveralife.com](http://www.primaveralife.com)

## FOCUS & LEARN

Good concentration

The 100 % natural fragrance of Lemon, Orange, and Grapefruit has been proven to help children learn and help them to better anchor what they have learned. When the scent wafts in the air again, it aids recall of what has been learned.



Fragrance blend 18600 5 ml  
Room spray org. 19600 50 ml  
Aroma Roll-on org. 75600 10 ml  
Gift Set  
Fragrance blend 5 ml,  
Mini aroma stone 44600

# Little scented heroes

WITH A BIG EFFECT



## GUARD ME

NEW

Fragrant security

Growing up also includes moments of temporary separation. The room spray with Orange and Mimosa gives children a feeling of security in situations like these. The comforting sweet, flowery scent drives away imaginary creatures and disturbing thoughts.

Room spray org.  
19602 50 ml

## BRAVE DRAGON

NEW

Fragrant dose of courage

The fragrant dose of courage made from 100% pure, natural essential oils promotes self-confidence and helps children to rise to the challenge. Apply simply and easily to wrists, soles of the feet, neck, or temples.

Aroma Roll-on org.  
75610 10 ml

## SWEET DREAMS

NEW

Completely relaxed sleep

The Sweet Dreams Blend creates a soothing bathing experience before going to bed, and conjures up a wonderfully relaxed atmosphere with Lavender, Benzoin Siam, and Ho Leaf.

Fragrance blend  
18601 5 ml



VEGAN

# Joy

## Revitalizing, invigorating & stimulating

Fruity, invigorating, and cheerful, these citrus fragrances help lift your mood, revive your spirits and bring a smile to your face.



### GOOD MOOD

fruity and exotic • mood-lifting,  
invigorating

Orange, Lime, Lemon etc.

Blend	5 ml
Organic Airspray	30 ml
	100 ml
 Aroma Roll-On	10 ml

### COSMIC CHI

fine fruity scent • invigorating

Litsea, Orange, Mandarin Red etc.

Blend	5 ml
Organic Airspray	30 ml
	100 ml

### TUTTO BENE

purifying • improves mood

Grapefruit, Lemon, Jasmine etc.

Blend	5 ml
Organic Airspray	30 ml

### LEMONGRASS

fresh lemony • refreshing, purifying

Organic Airspray	30 ml
	100 ml

### ELFISH DREAM

delicately floral • exhilarating,  
mood-lifting

Orange, Litsea, Frangipani etc.

Blend	5 ml
Organic Airspray	30 ml





### ORANGE IN LOVE

fruity and seductive • exhilarating,  
mood-lifting

Orange, Vanilla Extract, Rose etc.

Blend	5 ml
Organic Airspray	30 ml

### SHARE JOY

purifying • mood lifting

Mandarin red, Rose, Sandelwood etc.

Blend	5 ml
Organic Airspray	30 ml

### HAPPY MIND

fresh and fruity • uplifting, invigorating  
Grapefruit, Lime, Rose Geranium etc.

Blend	5 ml
-------	------



VEGAN



# Harmony

Sensual, harmonizing,  
indulgent

Luscious, sensuous and flowery, these scents evoke a walk through a flower-filled meadow. They help restore your senses and create inner harmony with fragrant florals like rose and jasmine.



## Our Harmony Tip

Aroma Roll-On Harmony helps you recover from affairs of the heart, mends the ills of the soul, and creates a cozy feeling. Apply it in the area of the heart chakra.

### HARMONY

flowery soft • sensual, harmonizing

Orange, Rose, Rose Geranium etc.

Blend	5 ml
Organic Airspray	30 ml
	100 ml
 Aroma Roll-On	10 ml

### VELVET & ROSES

warm and rosy • harmonizing,  
indulgent

Rose Geranium, Vanilla Extract etc.

Blend 5 ml	
Organic Airspray	30 ml

### JASMINE BERGAMOT

flowery and seductive • sensual,  
indulgent

Jasmine, Bergamot, Benzoin Resinoid etc.

Blend	5 ml
Organic Airspray	30 ml



**VANILLA**

sweet, warm • embracing,  
balancing

with Organic Vanilla Extract

Organic Airspray      30 ml

**ANGELS**

warm and sweet • sensual,  
harmonizing

Mimosa Absolu, Rose Geranium, Orange etc.

Blend                      5 ml  
Organic Airspray      30 ml

**ROSES**

rosy and floral • sensual, harmonizing  
Rose, Rose Geranium, Bergamot etc.

Blend                      5 ml

**PURE DESIRE**

flowery and seductive • sensual,  
indulgent

Orange, Ylang-Ylang etc.

Blend                      5 ml



**VEGAN**



# Vitality

Cleansing, refreshing  
and relieving

Akin to a brisk walk through an evergreen forest, these fresh, clean fragrances are sourced from herbs and coniferous trees. They're instantly energizing and invigorating.



## SET JOYFUL JOURNEYS

1 x car air freshener + 5 spare fleeces,  
1 x Blend Joyful Journeys 5 ml

## Our Tip

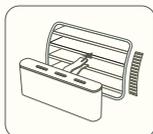
The "Joyful Journeys" car air freshener and fragrance blend make for an enjoyable ride and a nicely scented car interior, making driving fun!

## REPLACEMENT FLEECES FOR CAR AIR FRESHENER

10 individually spare fleeces  
42105  
(not shown)



3 - 5 drops



## CLEAN AIR

herbal fresh • clarifying, refreshing

Lemongrass, Mint, Cedar Wood etc.

Blend	5 ml
Organic Airspray	30 ml
	100 ml

## GRAPEFRUIT SAGE

fruity and herbal • clarifying,  
refreshing

Grapefruit, Sage, Lemon etc.

Blend	5 ml
Organic Airspray	30 ml

## SPACE CLEARING

spicy herbal • clarifying

Silver Fir, Rhododendron,  
Juniper Berry etc.

Organic Airspray	30 ml
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**SWISS PINE**

woody, fresh, warm •  
clarifying, strengthening

with Organic Swiss Pine

Organic Airspray 30 ml

**CLEAR MIND**

refreshing • promotes concentration

Peppermint, Rosemary,  
Peppermint Water etc.

Aroma Roll-On 10 ml

**ENERGY**

woody fresh • liberating

Douglas Fir, Silver Fir, Grapefruit etc.

Organic Airspray 30 ml

**CLEAR MIND**

herbal fresh • clarifying, refreshing

Lemongrass, Mint, Cedar Wood etc.

Blend 5 ml



**VEGAN**



# Relaxation

Relaxing, calming  
& balancing

Soothe your senses, rest your body and let your tired mind wander with our relaxing, natural fragrances. Lavender, sandalwood and chamomile instantly create a tranquil atmosphere, ideal for sleeping.



## ALL RELAXED

flowery • calming, embracing

Lavender Fine, Lavandin Super,  
Ho-Leaf etc.

Blend 5 ml  
Organic Airspray 30 ml

## SHINING ANGEL

gently herbal • calming, balancing

Ho-Leaf, Lavender Fine, Iris etc.

Blend 5 ml

## STRESSFREE

promotes calmness • inner peace

Lavender, Lavender Water etc.

 Aroma Roll-On 10 ml



# YOGA

## Breathe peace & strength

Breathe deeply and you will find calm. Find calm and you will find yourself. Conscious breathing is the key to inner calm and balance. Our all-natural fragrances support this effect: They intensify breath flow, heighten awareness, and deepen concentration and calm. It's easier to switch off from your everyday life.



### YOGAFLOW

clear, fruity, soft • clarifying

with Myrte, Grapefruit, Sandalwood

Blend	5 ml
 Aroma Roll-On	10 ml

### ORGANIC YOGA MAT SPRAY

For hygiene and fragancing the yoga mat and for room fragancing.  
30 ml



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ORGANIC

# Our Fragrance Product Groups

Productname	Benefit	Content	Art-No.	Capacity
BLENDS – Room fragrances for well-being				
All relaxed	flowery • calming, embracing	Lavender fine, Lavandin Super, Ho-Leaf	12079	5 ml
Angels	warm and sweet • sensual, harmonizing	Mimosa Absolue, Rose Geranium, Orange, etc.	12051	5 ml
Clean Air	herbal fresh • clarifying, refreshing	Myrtle Peru org, Mint Moroccan, etc.	12044	5 ml
Clear Mind	herbal fresh • clarifying, refreshing	Lemongrass, Mint, Cedar Wood, etc.	12047	5 ml
Cosmic Chi	fine fruity scent • invigorating, improves mood	Litsea, Orange, Mandarin Red, etc.	12804	5 ml
Elfish Dream	delicately floral • exhilarating, mood-lifting	Orange, Litsea, Frangipani, etc.	12057	5 ml
Good Mood	fruity and exotic • mood-lifting, invigorating	Orange, Lime, Lemon, etc.	12651	5 ml
Grapefruit Sage	fruity and herbal • clarifying, refreshing	Grapefruit, Sage, Lemon, etc.	12066	5 ml
Harmony	flowery soft • sensual, harmonizing	Orange, Rose, Rose Geranium, etc.	12801	5 ml
Happy Mind	fresh and fruity mood-lifting	Grapefruit, Lime, Rose Geranium etc.	12014	5 ml
Jasmine Bergamot	flowery and seductive • sensual, indulgent	Jasmine, Bergamot, Benzoin Resinoid, etc.	12069	5 ml
Joyful Journeys	lively fruity • powerful, good for concentration	Grapefruit, Douglas fir, Lemongrass	12077	5 ml
Orange in Love	fruity and seductive • exhilarating, mood-lifting	Orange, Vanilla Extract, Rose, etc.	12611	5 ml
Pure Desire	flowery and seductive • sensual, indulgent	Orange, Ylang-Ylang, etc.	12065	5 ml
Roses	rosy and floral • sensual, harmonizing	Rose, Rose Geranium, Bergamot, etc.	12056	5 ml
Share Joy	purifying • mood lifting	Mandarin red, Rose, Sandelwood u.a.	12072	5 ml
Shining Angel	gently herbal • calming, balancing	Ho-Leaf, Lavender fine, Iris, etc.	12037	5 ml
Tutto Bene	purifying • improves mood	Grapefruit, Lemon, Jasmine etc.	12046	5 ml
Velvet & Roses	warm and rosy • harmonizing, indulgent	Rose Geranium, Vanilla Extract, etc.	12052	5 ml
Yogaflow	clear, fruity, soft • clarifying	Myrtle, Grapefruit, Sandalwood etc.	12080	5 ml
BLENDS – Room fragrances for well-being				
Gift Set Joyful Journeys	lively fruity • powerful, good for concentration	Blend Joyful Journeys 5 ml, Car Air Freshener	44314	
Joy		Harmony		Relaxation
				Vitality



Productname	Benefit	Content	Art-No.	Capacity
<b>ORGANIC AIRSPRAYS – For a burst of joie de vivre</b>				
All Relaxed*	flowery • calming, embracing	Lavender fine* org, Lavandin Super* org, Ho-Leaf, etc.	14135	30 ml
Angels*	warm and sweet • sensual, harmonizing	Mimosa Absolue, Rose Geranium* org, Orange* org, etc.	14130	30 ml
Clean Air*	herbal fresh • clarifying, refreshing	Myrtle Peru* org, Lemongrass* org, Lemon* org, etc.	14131 14171	30 ml 100 ml
Cosmic Chi*	delicate fruity scent • invigorating, motivating	Bergamot* org, Orange* org, Mandarin Red* org, etc.	14132 14172	30 ml 100 ml
Elfish Dream*	finely floral • exhilarating, mood-lifting	Orange, Litsea, Frangipani, etc.	14133	30 ml
Energy*	woody fresh • liberating	Douglas Fir* org, Silver Fir* org, Grapefruit, etc.	14134	30 ml
Grapefruit Sage*	fruity and herbal • clarifying, refreshing	Grapefruit, Sage* org, Lemon* org, etc.	14124	30 ml
Good Mood*	fruity and exotic • mood-lifting, invigorating	Orange* org, Lime* org, Lemon* org, etc.	14136 14176	30 ml 100 ml
Harmony*	flowery soft • sensual, harmonizing	Orange* org, Rose abs., etc.	14137 14177	30 ml 100 ml
Jasmine Bergamot*	flowery and seductive • sensual, indulgent	Jasmine, Bergamot* org, etc.	14127	30 ml
Lemongrass*	fresh lemony • refreshing, purifying	Lemongrass* org	14138 14178	30 ml 100 ml
Orange in Love*	fruity-beguiling • exhilarating, mood-lifting	Orange* org, Vanilla Extract* org, Rose* org, etc.	14139	30 ml
Share Joy*	purifying • mood lifting	Mandarin rot* org, Rose* org, Sandelwood u.a.	14422	30 ml
Space Clearing*	spicy herbal • clarifying	Silver Fir* org, Rhododendron* org, Juniper Berry* org, etc.	14142	30 ml
Swiss Pine*	woody, fresh, warm • clarifying, strengthening	Swiss Pine* org	14429	30 ml
Tutto Bene*	purifying • improves mood	Grapefruit* org, Lemon* org, Jasmine etc.	14420	30 ml
Vanilla*	sweet, warm • embracing, balancing	Vanilla Extract* org	14428	30 ml
Velvet & Roses*	warm and rosy • harmonizing, indulgent	Rose Geranium* org, Rose, Vanilla Extract* org, etc.	14140	30 ml
Yoga Mat Spray	clear, fruity, soft • clarifying	Myrtle, Grapefruit, Sandalwood etc.	14427	30 ml

### AROMA ROLL-ON – Aromatherapy on the go

Good Mood	increases alertness and boosts the mood	Lime, Orange, Orange, Blossom Water, etc.	75308	10 ml
Harmony	promotes feelings of security and inner harmony	Rose, Palmarosa, Rose Water, etc.	75304	10 ml
Stress free	promotes calmness and inner peace	Lavender, Lavender Water, etc.	75300	10 ml
Yogaflow	it supports conscious breathing and guides you to your inner center.	Myrtle, Grapefruit, Sandalwood, etc.	75315	10 ml

Joy

Harmony

Relaxation

Vitality

# Sauna therapy

Blended from natural fragrances, our organic concentrates are perfect for revitalizing the senses and were developed specifically for use in the sauna. They're made with a carefully chosen selection of 100 % pure essential oils for a superior aromatherapeutic sauna experience.

**Our organic sauna therapy products are recommended by the experts at the German Sauna Alliance.**

When fragrant sauna additives are labeled with "QUALITY-TESTED BY THE GERMAN ASSOCIATION OF SAUNA OPERATORS" operators and staff are guaranteed of the product's high-quality.



## PRIMAVERA Quality Guarantee

- 100 % pure and natural essential oils
- With organic alcohol
- No synthetic additives



ORGANIC



### ORGANIC EUCALYPTUS PEPPERMINT

refreshing • purifying  
75202 100 ml

### ORGANIC ORANGE GINGER

fruity-spicy • stimulating  
75203 100 ml

### ORGANIC MANDARIN MYRTLE

invigorating • activating  
75206 100 ml

### ORGANIC LEMONGRASS CEDER WOOD

intensive-woody • clarifying  
75204 100 ml

### ORGANIC HONEY LAVENDER

warm, floral-herbal • relaxing  
75208 100 ml

### ORGANIC SWISS PINE GIANT FIR

strong-spicy • vitalizing  
75201 100 ml

### ORGANIC GRAPEFRUIT LIME

brightening • motivating  
75205 100 ml



### ORGANIC AROMA SAUNA TRIAL SET

1 × each of Organic Aroma Sauna  
Organic Lemongrass Cedar Wood,  
Organic Orange Ginger, Organic Honey Lavender  
75210 3 × 10 ml

# Accessories & more

for a fragrant feel-good atmosphere

Immerse your living space with your own signature scents, enjoying their beneficial aromatherapeutic effects on your mind, body and spirit using our aroma accessories.



Diffuser	Best used for	Dosage	Roomsize
Candle Diffuser	living room, office, kitchen	5 – 10 drops	2 – 3 meter
Aroma Diffuser	living room, office, kitchen	3 – 5 drops	4 – 5 meter
Stone Diffuser	bathroom, car, sleeping room, hotel room	3 – 5 drops	1 meter
Aroma Fountain	office, living room	5 – 10 drops	3 – 4 meter
Aroma Stream	larger rooms	8 – 10 drops	5 – 6 meter
Aroma Stream To Go	hotel room, office	5 – 8 drops	1 – 2 meter
Aroma Warming Stone	bedrooms, offices	5 – 8 drops	4 – 5 meter

Fragrances are perceived differently, so our recommendations for quantities are only a guidance

# Swiss Pine Ball

for a cozy atmosphere  
of wellness

Swiss pine exudes the feel of the outdoors with a pleasant woody-clear fragrance, promotes relaxation, and supports healthy sleep. Enhance the natural fragrance of the Swiss pine with 100% pure and natural essential Swiss pine oil, or scent the untreated and decoratively lathed ball with our fragrance blends, for a cozy room atmosphere.



## SWISS PINE BALL

- Lathed Swiss pine from sustainable forests in Austria.
- Polished to a silky smoothness.
- Self-standing with leveled base.
- Natural product. Pockets and irregularities in the wood are a sign of the untreated quality.

H 7.5 cm, Ø 7.8 cm  
60123

## Our tip

Placed on your nightstand, the Swiss Pine Ball's subtle, natural Swiss pine aroma makes for a restful night's sleep.



All candle diffusers / aroma stones / aroma fountains shown here are handmade in Europe. Any minor color variations or irregularities are not a defect but an indication of handcrafted quality. Every Swiss Pine Ball is unique.

# Stone Diffusers

## for every room

Stone Diffusers are a small, practical choice that can be easily transported and may be used anywhere. The porous material holds a few drops of any essential oil and slowly releases the scent as it evaporates.



### ORNAMENT

H 1.4 cm, Ø 5.5 cm  
60047



### ROSE BLOSSOM

H 4.5 cm, W 10 cm  
60081



### FRANGIPANI

H 3 cm, Ø 9.5 cm  
60082



### ENERGY SPIRAL

H 2.5 cm, Ø 6 cm  
60077



### MINI-STONE

H 1.9 cm, Ø 4.5 cm  
60028



All candle diffusers / aroma stones / aroma fountains shown here are handmade in Europe. Any minor color variations or irregularities are not a defect but an indication of handcrafted quality. Every Stone Diffuser is unique.

# Candle Diffusers

create a warming environment

Transform your personal space into a haven for creativity, calm, and complete well-being with our beautifully designed Candle Diffusers. Not only lovely to look at, these thoughtfully made burners diffuse your favorite oils at their optimum temperatures to create a perfectly delightful ambiance.



matte forest green



matte cream white



matte taupe

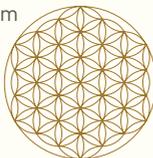
## PRIMAVERA

Material: Ceramic  
H 13 cm, Ø 12.5 cm  
40042 matte cream white  
40044 matte taupe  
40050 matte forest green

## OLYMP

• The „Flower of Life” is depicted in the ceramic dish.

Material: Ceramic and wood, colour mahogany  
H 14.3 x W 12 x D 12 cm  
40031



Decoration idea: Container for candle separately available



All candle diffusers / aroma stones / aroma fountains shown here are handmade in Europe. Any minor color variations or irregularities are not a defect but an indication of handcrafted quality. Every Candle Diffuser is unique.

# Aroma Diffusers spread positivity

Fill the air with delicate, mood-enhancing fragrance while purifying and humidifying it with our decorative Aroma Diffusers that replenish moisture to your living space for better breathing and more hydrated skin.

LED color individually selectable



## AROMA DIFFUSER FEEL HAPPY

- 3 different misting, operating, and light modes
- Filling quantity approx. 200 ml
- By individually choosing the LED color, it's adaptable to every living space and every mood

Material: High-quality BPA-free plastic  
H 14; Ø 14 cm  
42008



## AROMA DIFFUSER AMBIENTE

- 3 misting and light levels
- Continues to fragrance the room at night
- app. 100 ml
- 15 V / 9 Watt

Material: Ceramic top cover, inner part high-quality BPA-free plastic  
H 15 cm, Ø 10 cm  
42009



## AROMA VENTILATOR AROMA STREAM

Disperses aromas evenly around the room unattended. Ideal for larger living or office spaces. User friendly design with 2 stages  
H 16 cm, Ø 12 cm  
41025



## SPARE FLEECEES FOR AROMA STREAM

one individual replacement fleece  
42106 (not illustrated)

# Aroma Stream To Go

The handy fragrance companion on the move

The Aroma Stream To Go is a handy fragrance companion and, thanks to the USB cable included and battery operation, it can be used anywhere: whether in the office, the hotel, the train, or wherever you're staying. This way, you can have your favorite fragrance with you anytime, anywhere.



## AROMA VENTILATOR AROMA STREAM TO GO

- Atomized through ventilation, no added water necessary
- Power supply via USB cable or batteries
- Incl. USB cable, 5 replacement liners & linen bag for transport

Material: High-quality BPA-free plastic  
H 6.5 cm, Ø 10.5 cm  
42040



## SPARE FLEECES FOR AROMA STREAM TO GO

10 individually scentable  
replacement fleeces  
42106  
(not illustrated)

# Aroma Diffuser Funny Friends

fragrant Fun for the Whole Family

Kids

NEW

100%  
naturarain



## AROMA DIFFUSER FUNNY FRIENDS

The Aroma Diffuser Funny Friends comes with relaxing melody and interchangeable ears. The LED light colors are pastel blue, pastel yellow, or pastel purple or in continuous color change mode. The sounds of nature can be used to encourage peaceful sleep.



- Interchangeable Ears: cat, bear and bunny
- Relaxing Melody: with sounds of nature can be used to encourage peaceful sleep
- LED Light: pastel blue, pastel yellow, or pastel purple or in continuous color change mode; can also be used as night light
- Aromatherapy: 2 or 4 hours of continuous mode operation or up to 8 hours of interval mode possible.

H 17.5 cm, Ø 10 cm  
42007



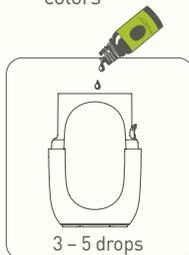
1 product –  
3 animals



Music with  
nature sounds



3 changing  
colors



NEW

# Aroma Light Emotion

thoroughly experience  
fragrance & light



## AROMA LIGHT EMOTION

Fragrances and colors have a lasting influence on our mood. They can relax, balance, stimulate, or motivate, and they fill us with joy of life and happiness. In our brains, scents and colors are permanently linked with emotions and memories. That's why they touch our souls. The Aroma Light Emotion combines aromatherapy and color therapy into a uniquely effective experience.

- Six lighting colors (yellow, orange, red, green, blue, purple)
- Warm white illumination in two levels of brightness (ca. 2700 Kelvin)
- Three scenting modes: one, three and six hours
- Silent and rapid heating of essential oils to approx. 55 °C / 131 °F
- Without adding water
- Sleep function (30-minutes timer)
- Material: Glass, metal and high-quality BPA-free plastic
- Simple, easy cleaning
- The effective range is about 20 m<sup>2</sup>
- Lighting and scenting can be freely combined with each other

H 27.5 cm, Ø 15.5 cm  
41070



White	The color of clarity & purity
Yellow	The color of concentration & mental energy
Orange	The color of joy of life & creativity
Red	The color of dynamism & success
Green	The color of healing & harmony
Blue	The color of calm & balance
Purple	The color of spirituality & the mind

**A** This luminaire contains built-in LED lamps. The lamps cannot be changed in the luminaire.

The glass shade is hand blown and refinded by hand, so it may have small inclusions or irregularities. These are no flaws but a characteristic of its handcrafted quality.

# Aroma Warming Stone Simply Silent

Silent. Simple.  
Waterless.

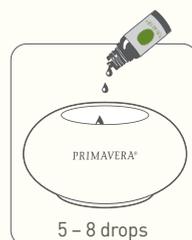
Without adding water, the Aroma Warming Stone Simply Silent evaporates the essential oils quickly and silently. It is therefore particularly suitable for bedrooms and offices. The base is gently illuminated during operation.



## AROMA WARMING STONE SIMPLY SILENT

- Noiseless, rapid heating to the ideal diffusion temperature of approx. 49 °C / 120 °F
- Easy to use and easy to clean
- No water necessary, a few drops of fragrance are enough
- Scents rooms up to 25 m<sup>2</sup> in size
- Automatic switch-off after one hour
- High-quality, glazed ceramic
- Ideal for bedrooms and office spaces

H 6.5 cm, Ø 13.5 cm  
41005



# Aroma Fountain

For a positive atmosphere

Create a healthier environment at home with our decorative PRIMAVERA Fountain. It humidifies, purifies and adds fragrance to the air for freshening results that aid all the senses.

NEW



matte berry



matte cream



glossy glacial green

## AROMA FOUNTAIN RONDO

H 15.5 cm, Ø 25.5 cm

inclusive fountain pump

Material: Ceramic

43033 matte cream

43035 glossy glacial green

43036 matte berry



All candle diffusers / aroma stones / aroma fountains shown here are hand-made in Europe. Any minor color variations or irregularities are not a defect but an indication of handcrafted quality. Every Aroma Fountain is unique.

# Accessories

for mixing fragrant oil blends



## WOODEN PRESENTATION LINER

for 8 bottles (beech)  
93206



## EMPTY BOTTLE SET, 10 ML

With droplet insert & decorative labels  
For mixing fragrance blends yourself  
61005 10 pieces

## PUMP DISPENSER FOR ORGANIC CARE OILS

For cleaner, better dispensing.  
For 30/50 & 100 ml,  
can be shortened as needed to the correct length.  
Only suited for PRIMAVERA organic body oils!  
61024



## GLASS FOR TEALIGHT

60024 1 piece

## AROMEX

for cleaning candle diffusers  
made of ceramic, glass  
or metal

60007 100 ml



## ROUND LABEL SET

170 tester labels for  
essential oils/blends  
60019

# Books for Aromatherapy



## ÄTHERISCHE ÖLE ganzheitlich anwenden

With the 50 most important essential oils. Contains simple, effective recipes for the fragrance pharmacy, relaxing massage oils, aromatic cuisine, and natural room fragrances.

Author: Maria M. Kettenring  
**(Book in German only)**  
50066 162 pages



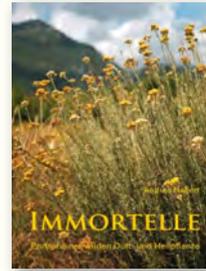
## AROMATHERAPIE FÜR KINDER

**Quick and gentle everyday help**

Over 100 proven recipes for parents and aroma experts. Tailored for ages 0 to 16. With lots of extras from practical dosage cards to travel first aid kits.

Authors: Sabrina Herber  
and Eliane Zimmermann  
**(Book in German only)**  
50069 144 pages

NEW



## IMMORTELLE Porträt einer wilden Duft- und Heilpflanze

Detailed information and ways to use the as yet little known immortelle, with lots of recipes. The practical companion for everyday life.

Author: Andrea Nabert  
**(Book in German only)**  
50067 88 pages

NEW



## So duftet Glück Natürlich durchs Leben mit ätherischen Ölen

NEW

Be it to fall asleep, for relaxation, better concentration or skin care – the three young experts from PRIMAVERA explain how essential oils can be used effectively in everyday life.

With valuable plant knowledge and over 100 DIY recipes and rituals for different areas of life such as health, beauty, femininity, work, and love.

Authors: Vivien Keller, Alisa Leube, Julia Merbele  
**(Book in German only)**  
50062 224 pages



## AROMATHERAPIE FÜR EINSTEIGER

**Die gebräuchlichsten ätherischen Öle auf einen Blick**

Describes how easily aromatherapy can be applied in a simple and understandable way. Lots of practical tips you'll want to try at home today.

Author: Kurt Ludwig Nübling  
(Book in German only)

50000 112 pages



## ROSENMEDIZIN

**So sanft heilt die Königin der Blumen**

The best applications for 100 common complaints.  
Authors: Angelika Gräfin Wolffskeel von Reichenberg, Susanne Schütte, Kurt Ludwig Nübling

(Book in German only)

50059 287 pages



## WALDMEDIZIN

**Die Heilkraft der ätherischen Baumöle**

This book contains a detailed description of the health-promoting effects of select coniferous essential oils, as well as instructions on how they can be used specifically for prevention and illness.

Authors: Anusati Thumm  
Maria M. Kettenring

(Book in German only)

50065 160 pages



## FACHBUCH DER AROMATHERAPIE BAND I

**Aromapflege für Kinder, Frauen und alte Menschen**

94254 172 pages

**Band II: Aromakultur**

94255 172 pages

**Band III: Palliativcare**

94256 172 pages

(Books in German only)



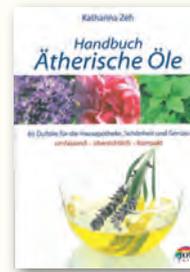
## HAUSAPOTHEKE ÄTHERISCHE ÖLE –

**Schnelle Hilfe für jeden Tag**

Detailed information about the 13 most important essential oils for home or travel use and over 250 recipes to mix yourself.

Author: Maria M. Kettenring  
(Book in German only)

50058 126 pages



## HANDBUCH ÄTHERISCHE ÖLE

65 Fragrance oils for the home medicine chest, beauty, and pleasure.

Author: Katharina Zeh  
(Book in German only)

50048 224 pages

You can find further selected aromatherapy books in our online shop: [www.primaveralife.com](http://www.primaveralife.com)

# Pure Organic & Natural Skincare

## Love Your Skin — Our Holistic Approach

PRIMAVERA takes a holistic approach to health and beauty. By holistic, we mean considering the whole person and the choices an individual makes to nurture their skin and senses — the air they breathe, the moments they take, the mindfulness they bring to the way they care for themselves, the products they put on their face and body.

We believe that feeling close to nature helps everyone to achieve a sense of balance—both with the outside world and the world within.

This inspires PRIMAVERA to deliver nature's purest plant essences through skincare formulas that holistically enhance health and beauty, giving love to your skin every day.

PRIMAVERA Organic & Natural Skincare products are based on a wealth of living knowledge about the healing properties of plants. Rich in powerful plant oils and essences, they nurture, protect, and invigorate the body, mind, and soul.



VEGAN



# The fragrant, natural paradise in Allgäu



With its lush green meadows and Alpine backdrop, the entire Allgäu region is a slice of paradise. At PRIMAVERA, you can immerse yourself in a fragrant and colorful world of plants covering 49,000 square meters, now a popular attraction with over 88,000 flowers, herbs, and wild plants growing and blossoming among rolling hills. Our impressive garden of roses, medicinal herbs, and ponds are nestled in the midst of stunning natural beauty, all with a breathtaking view of the Allgäu mountains.

Those who want to take the fragrances of nature home with them in our small glass bottles of essential oils are invited to enter our fragrance and natural skin care shop through its large glass door. There you'll find expert advice and get to know our wide range of natural personal care products. Let yourself be inspired by a wealth of experiences, events, festivals, workshops, lectures, and guided tours of our facility and gardens. You can find all the information you need at [www.primaveralife.com](http://www.primaveralife.com).

## We look forward to meeting you

### **PRIMAVERA fragrance and natural skin care shop**

Opening hours

Mo – Fri 9 am – 6 pm & Sat 10 am – 6 pm\*

### **Guided tour\***

Fri at 4 pm, Sat at 1 pm

**Garden tour\*** (June – Sept.)

Fri at 2 pm, Sat at 11 am

\* except for Bavarian public holidays





PRIMAVERA®

## PRIMAVERA LIFE GUIDING PHILOSOPHY

An energy field of fragrance, light, and joy of life



1. All of our decisions are based on respect for people, nature, and protection of the environment.
2. We take personal interest in meeting our customers' needs in a reliable and caring manner and are committed to competence, extensive knowledge and an inspired attitude.
3. Our products and philosophy are intended to bring forth enthusiasm, joy of life and inspiration for healthy living.
4. We initiate and develop environmentally friendly cultivation projects so that we may offer products of the highest purity and quality.
5. We share our well-grounded living knowledge with our employees and business partners through our educational programs.
6. PRIMAVERA cares about our people. We invest in the passion of our employees by creating an exceptional, unique working environment.
7. We make clear and fair agreements with our employees and suppliers, and we consider them equal partners.
8. We strive to meet challenges as a team in a forward-thinking, courageous, and solution-oriented way.
9. Mutual trust and respect are the foundation of our philosophy and business objectives, and we continually work to improve.

*Die  
Liebeserklärung  
an Mensch  
& Natur*

## DIY recipes with all-natural plant power

Find tips and recipes for home-made aromatherapy and organic and natural skin care on our website.

[www.primaveralife.com](http://www.primaveralife.com)



## What's new?

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