




GURUNANDA

ESSENTIAL OIL GUIDE





**“I personally
guarantee every drop is
From Farm to You.®
Nothing added,
Nothing removed.”**

Puneet “Guru” Nanda

GURUNANDA®'s
Chief Essential Oil

WHAT IS AROMATHERAPY?

Modern life can bring us excessive stress, leaving us feeling drained and desperate for relief. Aromatherapy utilizes essential oils to provide us with a natural way to unwind, refresh, and heal, just by breathing.

This ancient form of therapy is often used in yoga studios, massage centers, and spas. Now, you can create an aromatic paradise wherever you desire.

WHAT IS ESSENTIAL OIL?

Have you ever smelled a flower and wished you could keep the scent forever? Have you noticed how certain natural scents can change your mood and take you back to your childhood? Essential oils capture that magic.

The reason these oils are called “essential” is because they capture the essence of the plant or flower they were extracted from, but there’s a lot more to essential oils than pleasant scents.

Essential oils play a critical role in protecting plants and helping them flourish, which is part of the reason why they often have powerful healing qualities. These highly concentrated oils are extracted from fruits, leaves, roots, flowers, and other parts of the plant. Each essential oil is carefully extracted through steam distillation, resin tapping, and cold pressing.



MY PROMISE TO YOU:

When I created GURUNANDA, it was not about building another business, it was about building a brand that you can trust to deliver 100% pure and natural essential oils.

I consider this business a social enterprise. My mission is to bring transparency to the sourcing, testing, and labeling processes of essential oils. Most importantly, my goal is to provide therapeutic essential oils at affordable prices without compromising on quality.

I am so confident in the purity and quality of every single drop delivered to you that each bottle bears my family name and my personal guarantee of 100% pure and natural essential oils from farm to you. Nothing added, nothing removed.®

From my family to yours,

Puneet Nanda



LEMON

Helps Cleanse
and Refresh

FROM FARM
TO YOU™

100% Pure & Natural
Essential Oil



EUCALYPTUS

Helps Revitalize, Clarify
and Invigorate

FROM FARM
TO YOU™

100% Pure & Natural



BREATHE EASY

OIL BLEND
Helps Clear Congestion

FROM FARM TO YOU™

100% Pure & Natural



LAVENDER

Helps Soothe, Calm
and Relax

FROM FARM
TO YOU™

100% Pure & Natural



EXPERIENCE NATURE AT HOME®

Nature distilled in a bottle. Whether we're at work, at home, or on the road, it can be difficult to get a dose of nature. Between the buildings and highways we inhabit, we often only get glimpses of nature. Essential oils allow you to bring the deep, mysterious aromas of nature into your everyday life.

How do we know that our oils are really 100% pure and natural? It comes down to our close relationships with our farmers, which span across 6 continents and over 400 locations.

Our farmers are not just our suppliers, they are an extension of our family, sharing the common goal of providing 100% pure and natural essential oils to the world.

Every farm has been carefully vetted by our CEO, Puneet Nanda, along with his dedicated team of ergonomists. After ensuring each farm meets our specifications in terms of location, seed, soil, and harvesting techniques, GuruNanda is confident that each farm is perfectly tailored to deliver the quality of oils we can stand by.



DIFFUSION

Diffusers help disperse essential oil particles into the air. Dispersing a balanced combination of essential oils can help create an aromatic and healing environment. Breathe in, and experience the therapeutic benefits of your favorite essential oils.

INHALATION

Another way to enjoy essential oils is to open your essential oil bottle and gently inhale the aroma directly from the bottle. If you prefer, you can also mix 1 drop of an essential oil with about 10-15 drops of a carrier oil in a bowl, then place the mixture under your nose and breathe in deeply.

TOPICAL APPLICATION

While some essential oils can be directly applied to the skin, we highly recommend that you use a carrier oil to dilute the essential oils before applying them. It is important to test the oil on a small patch of skin first, and only one oil at a time.

Carrier oils, such as coconut oil or sweet almond oil, help protect the skin, increase absorption rates of essential oils, and prevent skin irritation from the direct application of essential oils.

Best Practices for Topical Application of Essential Oils: A 1% dilution of essential oil, or 5-6 drops for every ounce of carrier oil.

TOPICAL APPLICATION CAN:

- ✓ Relieve Discomfort
- ✓ Help Ease Headaches
- ✓ Promote Relaxation
- ✓ Improve Mood
- ✓ Alleviate Congestion
- ✓ Help Heal Wounds

AREAS TO APPLY:

- ✓ Bottom of Feet
- ✓ Forehead & Temples
- ✓ Neck
- ✓ Hands
- ✓ Shoulders
- ✓ Stomach

TOP 6 ESSENTIAL OIL SINGLES

Essential oils we can't get enough of



TOP 6 ESSENTIAL OIL SINGLES

If you're just getting started with essential oils, it can be hard to choose from so many options. Here are 6 essential oils that we've found to be the most popular and universally enjoyed.



LAVENDER

Relax your body and mind with the soothing fragrance of Lavender. This versatile essential oil is packed with therapeutic properties and promotes feelings of tranquility.



PEPPERMINT

Millions of people around the world enjoy Peppermint essential oil for its incredibly soothing effects. It can help relieve headaches, sore muscles, and even deter insects.



EUCALYPTUS

All of a sudden, you can breathe better. Eucalyptus is like a miracle for opening up the sinuses and providing a gentle, heightened sense of awareness.



LEMONGRASS

Full of benefits for the skin, Lemongrass is the go-to essential oil for massages. It has a pungent, smoky aroma that can leave you feeling refreshed.



ORANGE

Due to its abundance of health benefits and its undeniably fresh, uplifting scent, Orange essential oil has become a household favorite for many.



CEDARWOOD

This essential oil takes you back to ancient Egypt, where Cedarwood was used for beauty, skin, and holistic health. Enjoy its distinct, woody aroma.

TOP 6 ESSENTIAL OIL BLENDS

Essential oil blends we are madly in love with



TOP 6 ESSENTIAL OIL BLENDS

Creating an essential oil blend takes time, effort, and careful attention to detail. We have poured our hearts and souls into creating blends that will serve you well in any situation.



TRANQUILITY

Take a moment to relax. The sweet and spicy aromas in this blend help create a tranquil environment in the body and mind, putting anxiety to rest.



BREATHE EASY

It's no fun waking up to nasal congestion or not being able to get a nice, deep breath in. This refreshing combination of aromas can help you breathe easy again.



THRIVE

Germs are knocking on the door, and they don't plan to let you survive. Luckily for you, you plan to thrive. Diffusing this powerful aromatic blend can help energize you and boost your immune system.



RELAXATION

When you step into a fresh bath with a few drops of this deeply relaxing blend, troubles fade away. Diffusing it in your home can help the whole family chill out.



HARMONY

Our lives can throw so many variables at us that we feel totally out of balance. Take a moment to breathe, and let Harmony help you relax and get centered again.



CALMING SLEEP

Studies continue to demonstrate that we need to get proper sleep in order to function properly. Calming Sleep is designed to help reduce stress and get you to sleep.



DIY ESSENTIAL OIL SOLUTIONS

Simple DIY recipes you can make at home

SIMPLE
DIY
ESSENTIAL
OIL RECIPES
THAT CAN
BE EASILY
MADE WITH
ESSENTIAL
OILS AND
A FEW
COMMON
HOUSEHOLD
ITEMS.

SKIN & BEAUTY

Essential oils have been used for centuries to beautify and cleanse. Check out some of our recipes for skin and beauty benefits below.

DEEP HAIR CONDITIONER

WHAT YOU'LL NEED:

- 3 Tablespoons of Fractionated Coconut Oil
- 1 Tablespoon of Olive Oil
- 20 Drops of Rosemary Essential Oil

DIRECTIONS:

1. Add all ingredients into a blender.
2. Blend on medium/high speed for 5 minutes or until the ingredients form a creamy consistency.
3. Apply to clean, dry hair, and avoid the roots. Let it sit for 20-30 minutes, then rinse and shampoo.



SKIN & BEAUTY

COOLING FOOT SCRUB

WHAT YOU'LL NEED:

- 1 Cup of Unscented, Pure Epsom Salt
- 1/2 Cup of Fractionated Coconut Oil
- 7 Drops of Peppermint Essential Oil
- 5 Drops of Orange Essential Oil

DIRECTIONS:

1. Mix all ingredients together and stir well.
2. To use, pour a small amount into your palm and massage your feet.



DRY SKIN MOISTURIZER

Add 3-5 drops of Lavender Essential Oil to 2 Tablespoons of Fractionated Coconut Oil. Apply to your feet and cover with socks before bed.

SCALP STIMULATOR

Add 2-3 drops of Rosemary Essential Oil to your shampoo and conditioner to help stimulate your hair follicles.

SPA & RELAXATION

Beyond their healing benefits, essential oils can also be used to create relaxing, spa-like experiences. Here are a few simple ways to kick back and relax with essential oils.

LAVENDER BATH SALTS

WHAT YOU'LL NEED:

- 1/2 Cup Unscented, Pure Epsom Salt
- 15-20 Drops of Lavender Essential Oil

DIRECTIONS:

Pour the Epsom Salt into a warm bath, then add Lavender Essential Oil. Allow the salts to dissolve as the calming aroma of Lavender rejuvenates your body.

FOOT BATH

Add 8-10 drops of Lemon or Eucalyptus Essential Oil to a large bowl of lukewarm water and soak your feet for 20 minutes to help soothe feet.



YOGA & PILATES

To enhance the benefits of your yoga or meditation class, inhale a few whiffs of Frankincense Essential Oil directly from the bottle before and after class



SPA & RELAXATION

SUGAR SCRUB

To exfoliate your feet, elbows or other rough areas in need of extra care, mix 1 cup of sugar, 1/2 cup of Fractionated Coconut Oil, and a few drops of Grapefruit Essential Oil for a soothing sugar scrub.

MANICURE & PEDICURE

Take a small roll-on bottle with a mixture of Tea Tree Essential Oil and carrier oil to your next pedicure appointment. Quickly rub the solution into each toenail before polishing for an anti-fungal layer of protection.

HOME & CLEANING

Essential oils can be used as an excellent alternative to toxic chemicals for everyday home and cleaning solutions. Here are a few ways essential oils can be used around the house.

ALL PURPOSE CLEANING SPRAY

WHAT YOU'LL NEED:

- 8-10 Drops of Lemon Essential Oil
- 8-10 Drops of Eucalyptus Essential Oil
- 8-10 Drops of Tea Tree Essential Oil
- 8 Ounces of Distilled Water
- Spray Bottle

DIRECTIONS:

Add all ingredients directly into the spray bottle. Spray countertops as as needed.



HOME & CLEANING

SHOE DEODORIZER

WHAT YOU'LL NEED:

- 2 Tablespoons of Baking Soda
- 2 Drops of Pine Needle Essential Oil
- 2 Drops of Orange Essential Oil

DIRECTIONS:

Stir all ingredients in a small bowl, and place about a tablespoon of the solution in each shoe. Let the shoes sit for 8-24 hours before shaking the powder out and continuing to wear them normally.

FRESH DRYER BALLS

WHAT YOU'LL NEED:

- Dryer Balls
- Lavender Essential Oil

DIRECTIONS:

Add 2-4 drops of Lavender Essential Oil to your dryer balls for a fresh scent.



NATURAL REMEDIES



Essential oils can help heal your mind, body, and soul if used properly. Check out these quick fixes for various conditions:

DECREASE SNIFFLES

Add 5-8 drops of Eucalyptus Essential Oil to a large bowl filled with lukewarm water. Drape a damp, lukewarm towel over your head and breathe in deeply to open your sinuses.

HEADACHE RELIEF

Mix 3-5 drops of Peppermint Essential Oil with 1/2 Tablespoon of Fractionated Coconut Oil and massage into your temples to soothe the tension in your head.

SOOTHE SCRAPES

Apply 1-2 drops of Lavender Essential Oil directly to the affected area as soon as the scrape occurs. Lavender contains antiseptic and healing properties to expedite healing.

SOOTHE INSECT BITES

Apply 1-2 drops of Lavender Essential Oil to the affected area(s).

EASE BRUISES

Mix five drops of Lavender Essential Oil, five drops of Frankincense Essential Oil, and four ounces of hot water in a bowl. Soak a cloth in the mixture and apply to affected area(s).



PERSONALIZE YOUR AROMATIC EXPERIENCE

Whether you're looking to wake up or chill out,
try these concoctions in your GURUNANDA®
diffuser, and enjoy the benefits.



MORNING REFRESHER

- 5 Drops of Peppermint Essential Oil
- 5 Drops of Orange Essential Oil

MENTAL FOCUS

- 6 Drops of Rosemary Essential Oil
- 2 Drops of Frankincense Essential Oil
- 2 Drops of Peppermint Essential Oil

SWEET CITRUS SUNSHINE

- 2 Drops of Grapefruit Essential Oil
- 2 Drops of Lemon Essential Oil
- 2 Drops of Orange Essential Oil
- 2 Drops of Slim Essential Oil Blend

GERM GUARD

- 2 Drops of Rosemary Essential Oil
- 4 Drops of Lemon Essential Oil
- 4 Drops of Tea Tree Essential Oil

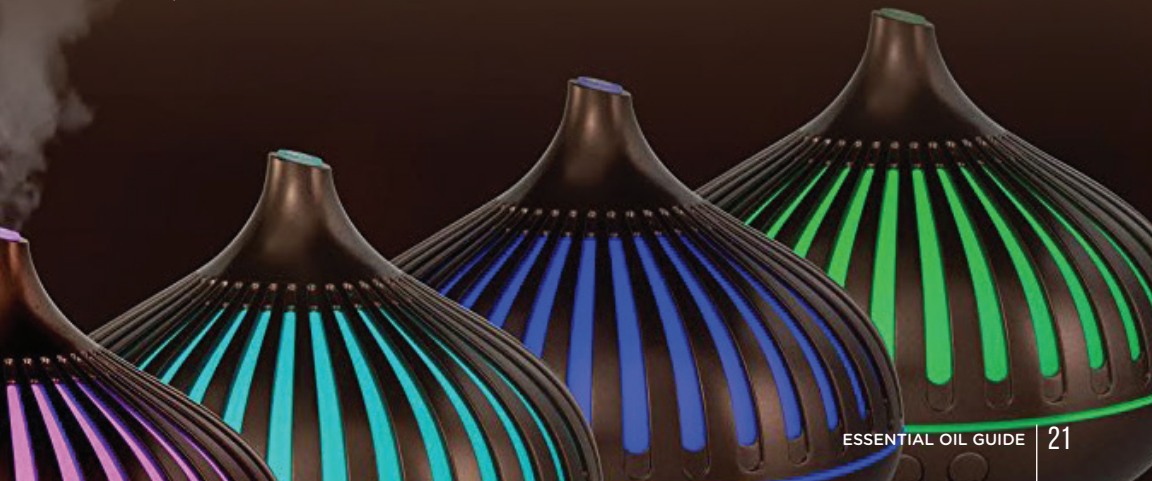
DE-STRESS

- 2 Drops of Frankincense Essential Oil
- 2 Drops of Orange Essential Oil
- 2 Drops of Cedarwood Essential Oil
- 4 Drops of Lavender Essential Oil

IMMUNITY SUPPORT

- 2 Drops of Lemon Essential Oil
- 2 Drops of Eucalyptus Essential Oil
- 6 Drops of Thrive Essential Oil Blend

Caution: Please note that the amount of essential oil input can vary based on which diffuser you are using.



SINGLES

Ajowan	Eucalyptus	Peppermint
Anise Seed	Frankincense	Petitgrain
Basil	Juniper Leaf	Pine Needle
Bergamot	Lavender	Pink Grapefruit
Bergamot Mint	Lemon	Rosemary
Cajeput	Lemongrass	Spearmint
Cedarwood	Lime	Thyme
Cinnamon	Mace	Tea Tree/
Clove	Marjoram	Melaleuca
Coriander	Sweet Orange	Turmeric
Cumin Seed	Oregano	Wintergreen
Cypress	Patchouli	

BLENDS

Breathe Easy
Calm Muscle
Calming Sleep
Harmony
Invigorate
Relaxation
Slim
Thrive
Tranquility

EXOTICS

Bergamot (Italy)	Marjoram (Egypt)
Clary Sage (France)	Neroli (Morocco)
Cypress (Nepal)	Oregano (Greece)
Frankincense (Kenya)	Palmarosa (Himalayas)
Geranium (India)	Rose (Bulgaria)
German Chamomile (Egypt)	Rose Geranium (Himalayas)
German Chamomile (Nepal)	Rosemary (Himalayas)
Helichrysum (Balkans/India)	Sandalwood (Karnataka)
Jasmine (Madurai)	Vetiver (Haiti)
Lime (South Africa)	Ylang Ylang (Madagascar)

CARRIER OILS

Coconut
Sweet Almond
Black Seed

The statements in this booklet have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

Caution: Do not apply to broken or irritated skin. Do not apply to skin undiluted. Avoid contact with eyes. Keep out of reach of children and animals. Store in a cool, dry place. Avoid exposure to sunlight after skin application.



Our oil selection
is constantly growing.
Please check our website
for the latest essential oils at
GuruNanda.com

All GuruNanda® essential oil
is tested and certified by 3rd party
labs to ensure It is 100% pure and
natural. GC/MS tests for individual
oils are available and updated
regularly at GuruNanda.com



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