

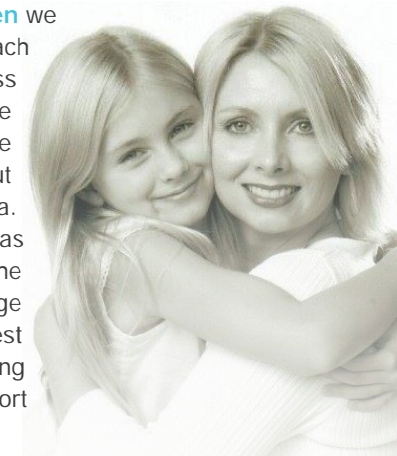


momma green

HOLISTIC FAMILY HEALTH

A Little Bit About Momma Green:

At **Team Momma Green** we take a holistic approach to health and wellness because we believe you cannot improve one area of your life without improving every area. This is great news as it means that even the smallest ripples of change can create the biggest waves and bring amazing results in a relatively short space of time.



Momma Green create tailored solutions for your Mind, Body and Spirit helping you become happier and healthier, allowing you to live the life you have always dreamed of. We invite you to find out more about our products and services by visiting www.mommagreen.com and by following us on Social Media.

With love and gratitude

MommaGreen NOKO

Momma Green's Mission Statement:

We aim to provide only the highest quality products and services that enrich and enhance the lifestyle and wellbeing of our customers.

We strive to honor and respect Mother Earth in everything we do, we are passionate about preserving our environment and continuously seek new ways of supporting the health of our planet.

We are committed to ethical business practices and to act with integrity towards our customers and clients at all times.



Rejuvenating Face Mask: 10ml of Momma Green's Rose Water & Apricot Kernel Cream Base blended with 1/2 of an avocado and 1 tspn of honey. Apply generously to the face for 10 minutes, rinse with warm water and re-apply Momma Green's Rose Water & Apricot Kernel Cream Base



Sore or Tired Feet: 10ml of Momma Green's Sunflower & Coconut Base Balm plus 1 drop of Peppermint Oil. Rub into your feet before bed and sleep with your socks on, enjoy amazingly rejuvenated feet the next day

Sunburn: Apply Momma Green's Aloe Vera & Rose Water Gel Base. Severe sunburn can lead to heatstroke and permanent skin damage please take care when out in the sun

A Guide on How to Blend Essential Oils into Your Momma Green Products

The safest, and most effective, way to introduce essential oils into your life is as follows:

Age	Face*	Body*
2-5 years	1 Drop	1 Drop
6-12 years	1 Drop	3 Drop
13 years-Adult	3 Drop	6 Drop
Pregnancy**	1 Drop	1 Drop
Elderly	1 Drop	3 Drop

**Per 10ml of Momma Green Base*

***Some essential oils are contra-indicated and should be avoided in pregnancy. ALL essential oils should be avoided in the first trimester.*

Insect Bites: 10ml of Momma Green's Aloe Vera & Rose Water Gel Base, add 1 drop of Lavender Essential Oil and apply to the bite

Insomnia: 10ml of Momma Green's Rose Water & Apricot Kernel Cream Base, add 1 drop of Chamomile Essential Oil and massage into your feet before bed

Muscular Aches & Pains: 10ml of Momma Green's Sunflower & Coconut Base Balm, add your choice of Ginger or Rosemary Essential Oil

Nausea: 10ml of Momma Green's Sunflower & Coconut Base Balm, add 1 drop of Peppermint or Spearmint Essential Oil (Apply to stomach). Consult your Health Care Professional if symptoms persist, if Nausea is related to Morning Sickness please avoid the use of Essential Oils, Momma Green can assist with relief from Nausea.



Pre-Menstrual Symptoms: 10ml of Momma Green's Sunflower & Coconut Base Balm, add 1 drop of Rose Geranium Essential Oil. (Apply to stomach) Consult your Health Care Professional if symptoms persist, Momma Green can also assist by assessing your diet and lifestyle to try and help manage these symptoms

Sinusitis: 10ml of Momma Green's Rose Water & Apricot Kernel Cream Base, add 1 drop of Eucalyptus Essential Oil and massage into the nasal area avoiding the eyes

Congested Skin: 10ml of Momma Green's Rose Water & Apricot Kernel Cream Base with some added Raw Sugar Granules or Ground Coffee Beans, exfoliate the face then rinse



Dry or Sensitive Skin: When dealing with sensitive skin try introducing only 1 new product at a time, we recommend the Rose Water & Apricot Kernel Cream Base without any added oils

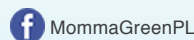
Mature Skin: 10ml of Momma Green's Rose Water & Apricot Kernel Cream Base, add 1 drop of Avocado, Frankincense, Jasmine or Lavender Oil

Oily Skin: 10ml of Momma Green's Aloe Vera & Rose Water Gel Base, add 1 drop of either Bergamot or Ylang Ylang Essential Oil. (Can be followed with a small dab of Momma Green's Rose Water & Apricot Kernel Cream Base if your skin feels too dry afterwards)



MommaGreen Pty Ltd

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MommaGreenPL



MommaGreenCo



mommagreenco



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Momma Green's Products made the way you like them!

01 Sunflower and Coconut Lip Balm 50g



As you glide me over your precious lips you can immediately begin to feel the relief and satisfaction that comes with my Oh So Silky self. I'm coconut-ty and I'm creamy ... can I get an Oh Yeah? Ooooh Yeaah! There is nothing about me that can be called nasty, I'm just good, and when I say good I mean REALLY, REALLY good. Once you meet me and experience my pure mouthy pleasure you will wonder how you ever lived without me. Say "Hello" to your handbags new best friend.

Ingredients: Sunflower & Coconut Lip Balm is made from Australian Certified Organic Sunflower Oil, Coconut Oil, Beeswax, Jojoba Oil, Cacao Butter, Shea Butter and Evening Primrose Oil. Plus the added benefit of Vitamin E.

02 Sunflower and Coconut Base Balm 200g



You've met my little brother but now you need the big boy right?! Well here I am a nice big pot of total luxury, the likes of which you've never seen. I'm all in and I can take some blending! Use me as a body butter, that's right...spread me all over and just let me sink in...I'm going to places you didn't even know needed me. You can add a drop of your favorite oil and make me smell anyway you like, I'm adaptable and open to change. Maybe you want to use me as a massage oil and see how luxurious it feels when your hands glide through my silky, soft goodness? I am totally down with that.

Ingredients: Sunflower & Coconut Lip Balm is made from Australian Certified Organic Sunflower Oil,

Coconut Oil, Beeswax, Jojoba Oil, Cacao Butter, Shea Butter and Evening Primrose Oil. Plus the added benefit of Vitamin E.

03 Rose Water and Apricot Kernel Cream Base 200g



I want to get all up in your face! In fact I don't even care what I get all up in... just get me onto you right now...I'm

bossy and I own that because I know I am good. I'm a celebrity favorite and I totally own that too. You want to know why I'm such a favorite? Because I am THAT good, actually I'm better than THAT good, I am great! I'm creamy and re-hydrating, I'm suitable for sensitive skin and I'm very low fragrance so you can make me smell anyway you like. I challenge you to compare me to the most expensive moisturizers on the market because I'm confident I will come out on top in any competition. So what are you waiting for, let's get ME on YOU!

Ingredients: Australian Certified Organic Rose Water, Apricot Kernel Oil, Shea Butter and Jojoba Oil. Cetearyl Oliviate and Sorbitan Oliviate. Australian Certified Organic Beeswax and Macadamia Oil. Glycerine. Australian Certified Organic Coconut Oil. Alcohol and Parfum. Australian Certified Organic Guar Gum. Potassium Sorbate.

04 Rose Water and Aloe Vera Gel 200g



Hello my pretties, it's me...you know the product you have been waiting for? Certified Organic Aloe Vera Gel is not always easy find so I'm the answer to your problems. I'm all aloe-y and gel-y and I have the luxurious scent of Rose Water just for that extra little bit of love. If I'm not a part of your family you are really missing out because when you

are looking for something to relieve burns, sunburn, bruises, bites or stings I'm the little pot of love that you need. So come grab one of me, I've got your back when you need a quick fix for your lovely family.

Ingredients: Australian Certified Organic Rose Water, Guar Gum and Aloe Vera Extract. Alcohol, Potassium Sorbate and Parfum.



ACNE: 10ml of Momma Green's Rose Water & Apricot Kernel Cream Base, add 1 drop of Lavender Essential Oil



Mild Anxiety: 10ml of Momma Green's Rose Water & Apricot Kernel Cream Base, add 1 drop of Ylang Ylang Essential Oil

Arthritis: 10ml of Momma Green's Sunflower & Coconut Base Balm, add 1 drop of either Ginger or Rosemary Essential Oil

Bronchial Cough: 10ml of Momma Green's Sunflower & Coconut Base Balm, add 1 drop of either Lavender, Peppermint or Thyme Essential Oil. Consult your Health Care Professional if coughing persists

Bruises: 10ml of Momma Green's Aloe Vera & Rose Water Gel Base, add 1 drop of Arnica Essential Oil

Cold & Flu: 10ml of Momma Green's Rose Water & Apricot Kernel Cream Base, add 1 drop of Eucalyptus Essential Oil.



Corns: 10ml of Momma Green's Aloe Vera & Rose Water Gel Base, add 1 drop of Lemon Oil and apply to the corn

Cradle Cap: 5ml of Momma Green's Sunflower & Coconut Base Balm massaged into the scalp daily

Cuts, Minor Burns & Abrasions: 10ml of Momma Green's Aloe Vera & Rose Water Gel Base, add 1 drop of Calendula Essential Oil.

Headaches: 10ml of Momma Green's Rose Water & Apricot Kernel Cream Base, add your choice of Lavender or Vetiver. Consult your Health Care Professional if Symptoms Persist