



Gut Instincts Are Lifesaving: How Essential Oils Misuse Can Be Deadly

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Kota Denpasar, Bali based Utama Spice Bali recently issued a public advisory regarding the possible life-threatening effects of the improper use and consumption of essential oils.

“Essential oils are intended for external use, and the majority of these oils should not be ingested because it can lead to serious allergic or toxic reactions,” says Ria Templer from Utama Spice Bali. Certain types of oils—like tea tree oil, wintergreen, and camphor—were the focus of a study from the Tennessee Poison Center. That study showed that ingesting large amounts of those essential oils lead to throat swelling, a racing heart, vomiting, and even seizures in a portion of their clinical study participants.

To be clear, some pure essential oils are commonly included in desserts, candies, chocolates, and even in stews and sauces. LorAnn Oils lists these FDA approved natural plant oils on their website, and describe how those specialty products (peppermint, lemon, orange, thyme, marjoram, and others) are appreciated for both their aromatic and flavoring qualities.

Utama Spice Bali focuses on topical-application essential oils, and has created a number of instructional

videos on their YouTube channel. These videos were developed with the general public in mind and share insights to the proper use of essential oils and other aromatherapy products. "We believe in the restorative power of nature, that's why our entire beauty and lifestyle product range is made 100% natural and pure essential oils. We never use any sulfates, parabens, chemical agents, artificial fragrances or colouring, or synthetics of any kind, and we use cold-pressed virgin coconut oil on most of our products," says Ria Templer of Utama Spice Bali.

A number of health benefits, as explained by Ria Templer, are available to those who properly apply essential oils from all-natural sources: peppermint boosts energy and helps with digestion, lavender provides calming effect and relief for stress, sandalwood calms the nerves and improves someone's focus, bergamot reduces stress and improve skin conditions like eczema, rose improves mood and reduces anxiety, chamomile improves mood and promotes relaxation, tea tree fights bacterial infections and boosts the body's immunity, jasmine helps with depression, lemon helps with digestion, and so on. Furthermore, recent studies have also validated the efficacy of using essential oils to promote better sleep and relaxation, alleviate pain and inflammation, reduce stress and anxiety, heal skin conditions, and boost the body's immune system.

Those looking for pure essential oils and other aromatherapy products may visit the Utama Spice headquarters in Bali. Alternatively, customers may also check out their web store and choose from their wide range of health and wellness products, including essential oils, sprays, body mists, soaps, face masks, lotions, bug sprays, lip balms, and more. They pride themselves in using 100% natural raw materials, with all products made locally in Bali.

Constance C., in a Facebook review, said, "Utama Spice has one of the best coconut oils I have ever tried. The smell is not overpowering and after application, it absorbs really well into my skin, so it's not greasy. It actually works well with my hair too. Their packaging is also very handy; that's why my kids love using it too."

"I have been using one of Utama Spice's essential oils for my hair, skin, and even my kid's carrier," said Stacey L., another satisfied client. "I have also tried it on my son's eczema, and it is almost non-existent now. Their essential oil blends are superb, and their lavender body mist smells great. My family is also using their begone spray which is protects us from bugs and mosquitoes. We really enjoy using their products because they are all natural and safe for my kids as well."

More information regarding Utama Spice Bali and their wide range of health and wellness products can be found on their website. Alternatively, customers may also check out the USB Media Room to peruse their latest news and important announcements. Furthermore, interested parties may connect with them through their official social media pages on Facebook, Twitter, Instagram, and YouTube, and be the first to know about their exciting deals and promotions.

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Utama Spice

Utama Spice is a traditional skincare company based in Ubud, Bali. We focus on applying ancient Balinese herbal knowledge to create products that not only enhance your skin's natural beauty but also provokes your mind to consider the raw power of nature.

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