

Jasmine, Organically Grown: India (*Jasminum grandiflorum*- Absolute)

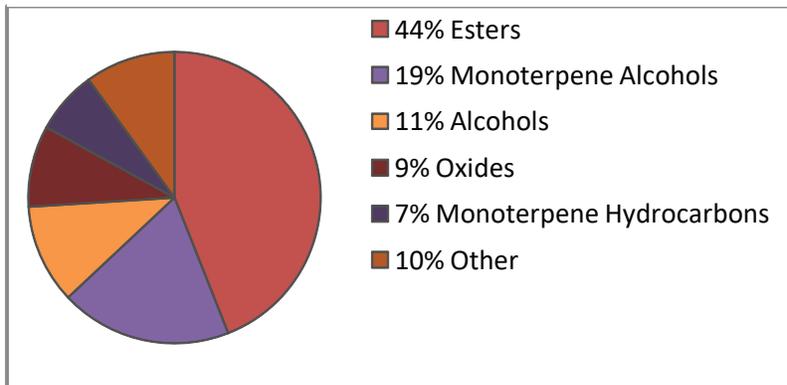
The Jasmine grandiflorum oil comes from Jasmine flowers that blooms during the day and is considered the Royal Jasmine, not to be confused with any of the other two hundred Jasmine species. Traditionally Jasmine has been used to assist emotional balance, combat stress, and as an aphrodisiac.

Large amounts of early morning handpicked Jasmine flowers, over three million per pound of oil, are needed in order to extract the oil in significant batches. This makes the cost for pure therapeutic oil to be more expensive. Standard steam distillation does not work for extracting this oil because the steam causes the breakdown of many therapeutic chemicals contained in the plant. To obtain the full therapeutic chemical spectrum, the oil is normally extracted using hexane or ethanol.

Primary Usage: Releases serotonin and acts as an anti-depressant (anxiety, apathy, anger, stress, low self-confidence, dispels fear, uplifting). Beneficial for female issues (menstruation symptoms, balances hormones, cramping, nausea, and delays menopause), used as an aphrodisiac (assists frigidity, mood swings, fatigue), and assists with uterine disorders. Helpful during childbirth (eases labor pains, encourage contractions, combats post-partum depression, stimulates lactation, tones the uterus).

Secondary Usage: Assists skin disorders (dry, brittle, sensitive, dehydrated, mature skin, eczema, dermatitis, scars), strengthens the male reproductive system (impotence, enlarged prostate gland), and used for sedative (lethargy, nervous exhaustion, insomnia, spasms, cramps).

Has been reported: Assists the respiratory system (laryngitis, asthma, breathlessness, colds, coughs, congestion, snoring), provides relief from any inflammation, wounds, infections, and assists with liver problems (purifies the blood). Also used for intestinal cramps, arthritis, gout, and it has been known to assist those with narcotic and other addictions.



Descriptor: Antidepressant, Sedative, Hormone Balancing, Moisturizer (Skin), Aphrodisiac, Tonic, Stimulant (Uterine Contractions), Decongestant, Expectorant

Application: Apply topically and diffuse.

Caution: May induce menstrual use, or use with caution until childbirth is imminent.

Main chemical about 20% Benzyl Acetate

Found In: Blend of Jasmine, Lucid Dreamer, Mind-Alive, Present Moments, Serenity

Influences: Intense floral smell that relaxes and expands the heart chakra. Assist to uplift, and inspire confidence and optimism.

Medicine Wheel: A Primary Center and Secondary East.

Blends Well With: Bergamot, Cedarwood, Citronella, Elemi, Frankincense, Geranium, Ginger Root, Grapefruit, Helichrysum italicum, Holy Basil, Lemon, Lemongrass, Lime, Melissa, Neroli, Orange, Patchouli, Petitgrain, Sandalwood, Tangerine, Vetiver, Ylang Ylang

Recipes: For skin add five drops each of Jasmine, Elemi, Holy Basil, Cedarwood, Rosewood, and Vetiver into 15ml of carrier oil and massage as needed on location.