

Patchouli, Organic: Nepal (*Pogostemon cablin*)

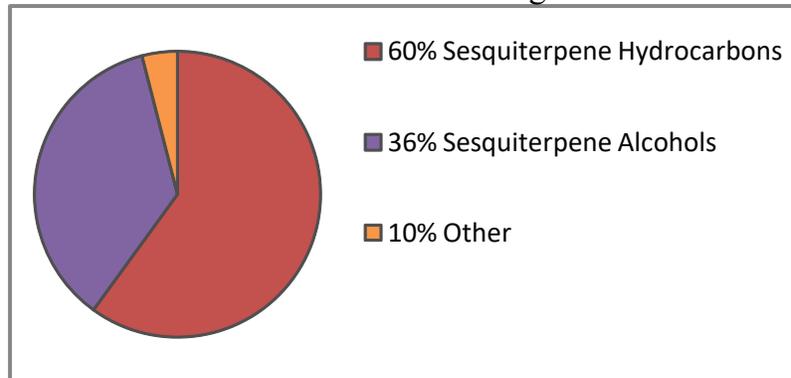
Patchouli is from the mint family and grows in tropical climates. This bushy herb contains a deep earthy and woody fragrance that has been used in incense and perfumes for centuries. Historically the plant would assist with warding off insects, dealing with insect bites or stings, balancing the emotions, stomach problems, and to assist with skin rejuvenation (dermatitis, acne, dry). The abundant cultivation and the ability for this plant to be harvested two or three times a year greatly assist in keeping the price of Patchouli in the lower range of essential oils.

The highest quality Patchouli oil is said to be distilled during the rainy season. Oil that is distilled in an iron distiller will contain iron oxide, rust, and give it a dark coloring whereas oil from a stainless steel distiller will be light in color. Patchouli also is said to improve with age because as the oil ages it will have slight chemistry change that will increase its aroma by deepening the fragrance.

Primary Usages: Assists skin (wrinkles, dermatitis, inflammation, impetigo, hives, eczema, acne, seborrhea, wound healing, scars, tissue regeneration, tones the skin) and emotional support issues (balancing, tension, nervousness, depression, insomnia, stress, anxiety, grounding).

Secondary Usages: Helpful for bacterial and fungal infections (athlete's foot, jock itch, Candida), hair complaints (dandruff and oiliness), and beneficial when used for as an insect repellent and on insect bites or stings. Use as a general health tonic and to assist digestion (upset stomach, constipation, appetite suppressant).

Has Been Reported: Used as an aphrodisiac, diuretic, to break up cellulite, and to assist with substance addictions. Useful for allergies.



Descriptor: Regenerative, Antiseptic, Anti-Fungal, Sedative, Anti-Depressant, Alkalinizing, Diuretic, Aphrodisiac, Astringent, Deodorant, Insecticide, Tonic

Application: Apply topically, in a bath, one drop in water for an internal tonic, and inhale or diffuse.

Main chemical about 32%
Patchoulol

Caution: No special cautions.

Found In: Peaceful, To Be

Influences: Supports emotion issues and the releasing negative associations (anger, jealousy, physical and emotional trauma, obsessions, frustrations, insecurities). Assists to align the chakras of the body and its grounding and calming to the mind, body, and spirit.

Medicine Wheel: A Primary Center and Secondary East. Balances the Qi.

Blends Well With: Bergamot, Black Pepper, Cedarwood, Chamomile, Cinnamon, Clary Sage, Clove, Frankincense, Geranium, Ginger, Grapefruit, Lavender, Lemongrass, Litsea, Mandarin, Myrrh, Neroli, Rose, Sandalwood, Tangerine, Vetiver, Ylang Ylang

Recipes: For a calming blend add three drops each of Patchouli, Lavender, and Grapefruit. Diffuse or mix with a carrier and massage onto the skin.