

PATCHOULI ESSENTIAL OIL

Native to tropical areas of Asia, the Patchouli plant (*Pogostemon cablin*) is a bushy herb that is a member of the mint family. It grows to around 0.75 metres high and produces small pale pink / white flowers. The essential oil is extracted from the dried and lightly fermented leaves of the plant using steam distillation. With its distinctive musky-sweet, strong spicy and herbaceous aroma, the essential oil is grounding and is also purported to be beneficial for aging skin.

Botanical Name	<i>Pogostemon cablin</i>
Plant Part	Dried and lightly fermented leaves
Actions	Grounding, clearing, calming, uplifting,
May Help	Nervous exhaustion, insomnia, oily skin and scalp
Fragrance Note	Base
Blends with	Bergamot, Clary Sage, Cedarwood, Geranium, Frankincense, Lavender, Neroli, Rose, Sandalwood

Suggestions for use:

SENSUAL MASSAGE	
Patchouli	4
Cedarwood	2
Clary Sage	6
Ylang Ylang	4
Carrier Oil	30ml

PEACEFUL NIGHTS BLEND	
Patchouli	3
Lavender	5
Clary Sage	2
In a Vaporiser	

*Quantity shown refers to number of drops of essential oils

Cautions

Keep out of reach of children. If you are pregnant or nursing consult your doctor for advice before using any essential oils.

This product and information is not intended to diagnose, treat, cure, or prevent any disease.

